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JAN 15 '04

the Maine WEEKLY

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Volume 1 • Number 1 • January 15, 2004

Talk A conversation with John Mooney

Skyline Fate of a Meteor

Daily Grind Stew Therapy

CBW Sometimes the name tells the whole story

Maine JOB market



the Maine WEEKLY

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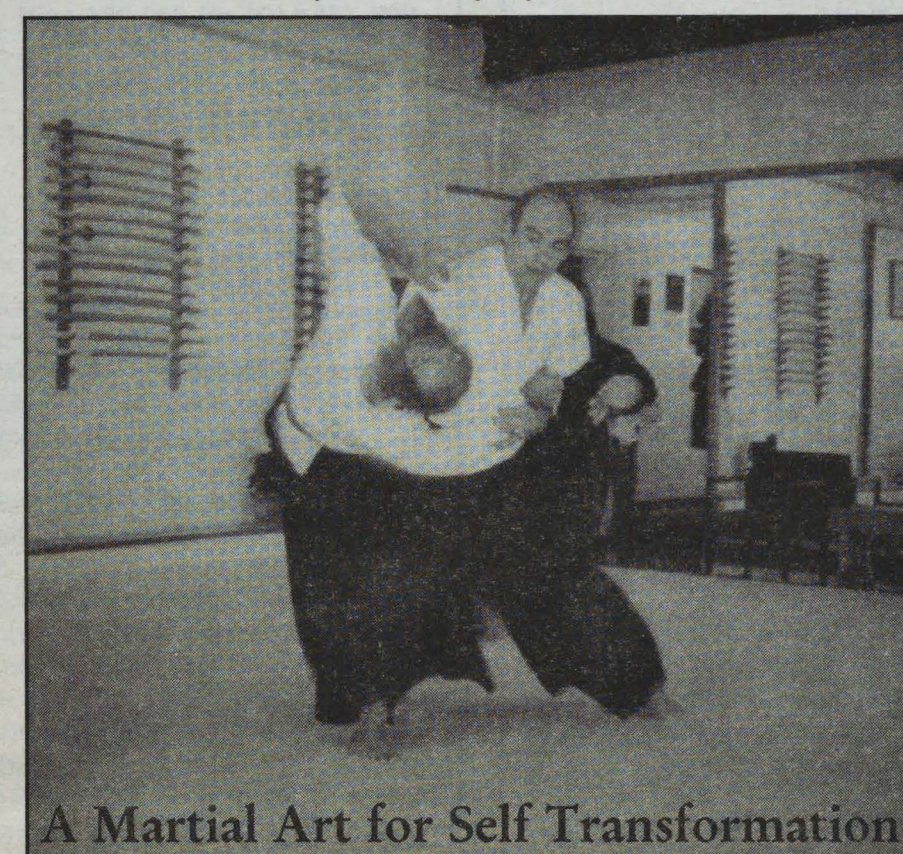
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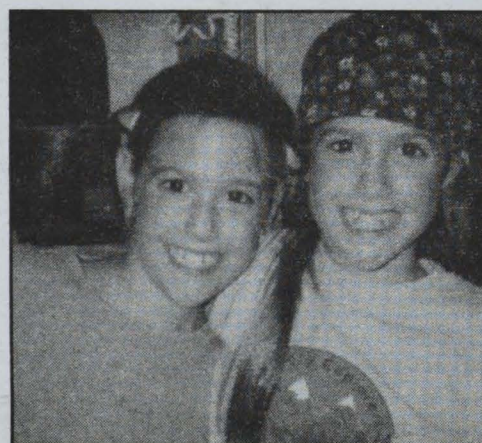
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January 22, 2004

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the Maine WEEKLY

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Talk A conversation with John Mooney

“It's [radio] an old technology compared to the internet or television, but there's still something magical about it...”

by Michele Morris

John's radio show is called "The Grooveyard Shift" and he can be heard on WMPG (90.9/104.1) Tuesday mornings from 6:30-8:30 a.m. where he features jazz and other world music.

How did you come to be involved in radio, and further WMPG?

I was actually coming through Portland during fundraising here at WMPG, and the DJ does an afternoon blues show on Wednesdays and his name is Myron Samuels. He was trying to get people to give to the station—I mean, it's like pulling teeth, it isn't our deal to raise money, our deal is to play music—but he was just trying to get people to give and he had an idea that if someone contributed X amount of dollars they could be a guest DJ. So I called him up, I made a pledge and did a show with him, and he suggested I contact the station manager. I bugged him and bugged him and I finally got a shift. I live over an hour away from Portland and it was Wednesday mornings from 4-6:30, but I did it. I always wanted to play jazz in the overnight; I almost feel like it's a badge of honor. Jazz is one of the most wonderful parts of American culture, one of the positive cultural things we offer the world and it seems to be underappreciated here and I understand, this is pop culture.

Radio in itself, I think it's still kind of a magical thing. It's an old technology compared to the internet or television, but there's still something magical about

it, where you can relegate to the background and a lot of people do, but if you have any kind of imagination or the time, you can use that to paint a picture. Television is right there; it doesn't leave anything for your imagination. Radio is still something that people can really connect to. There was this guy many years ago when I was a kid, named Gene Shepard [The Christmas Story]. He had a radio show in the '70s called The Gene Shepard Show and it was on every night from ten to eleven. At that time we had our transistor radios, so I would take him into my bedroom and put it under the pillow. He basically would come into the studio with an armful of albums, newspapers and some correspondence and just do a show, five nights a week, off the top of his head, and be really good; tell these wonderful stories.

I was about ten and I went to my grandmother's house for Easter and we couldn't start dinner until my cousin Robbie got back from his radio show. He was doing a radio jazz show in Newark; he got to interview Miles Davis, John Coltrane and Earl Garner. When my cousin would talk, my father, uncle, and grandfather would stand by the radio in the corner. It was the only scene I could recall where radio really captured people before the television. So when I was a kid, I thought that would be really cool and I would love to do that and I have.

Who did you listen to, as far as artists, when you were growing up?

As a teenager growing up in New Jersey I would listen to The Doors and Eric



PHOTO COURTESY JOHN MOONEY

Clapton. My father, bless his ears, was a real "jazzophile" and he would drag me to New York. The first place he took me to was Harlem. He also took me to 52nd Street, which was like the jazz street in the '30s and '40s. I never really liked jazz then but I always filed it away in the back of my head and eventually you grow out of your teenage music liking. My curiosity first took me to the blues and then it took me back to jazz. And when you're really into music you start to hear similarities. It's kind of interesting how music, if you have the time, you can really connect a lot of dots. It really ties the world in a unique bow.

What is your opinion on the state of the music industry today?

[Laughs] If I had to answer in a word, I'd

say "lemmings." Everything is all formatted and from a business point of view, I understand why it's being done because these guys [the producers, record label owners] don't want to take any more risks. From Baton Rouge to Bangor you could hear the same country music and probably the same DJ, which is too bad, but it's a business. That's the great thing about community radio stations, they appeal to different slices of the population. Just like WMPG isn't a big station because they're appealing to certain slices of the population, and I think that's cool. It's just a matter of taste. As far as the music industry, it's a formula and this is America, but if someone's inquisitive and they want to find good music, they can do so. have fun too.

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feedback from our readers

A Book Review is NOT a Cliff's Notes

Regarding your column *To Read or Not to Read*, there is no reason now to read Sue Monk Kidd's *Secret Life of Bees* because Allyson Hanscom has delineated almost every single plot feature of this lovely novel, thereby spoiling the joy of discovery of the unfolding story line for many potential readers. I've read the book twice (once for a book group), but if I had read Hanscom's column first, I never would have picked up the book. There's no need to—you already know everything that is going to happen.

A book review is NOT a *Cliff's Notes* of a novel, and takes a lot more effort and creative thinking.

Beth Bonanno
Hiram, ME

Thank You

Thank you for extending a "Merry Christmas and a Happy New Year" on the cover of your recent issue. To recognize the season in those terms was deeply appreciated. Your Christmas articles from "Advent to Pudding" were great. You have done a commendable job of redesigning your journal. Best wishes to all of you for a Merry Christmas and a New Year of Abundance.

Sincerely,
Frank Piveronas
South Portland, Maine

Time for Revolution in Education

I was a participant in the Portland Public Schools study circles recently and all I can say is that after being involved in "Education" for the past 12 years, it was refreshing to be asked for my opinion. I only wish someone had told me it was a rhetorical question.

The Portland Public Schools have once again put style above substance. Much like

the Learning Results that lie unread in teacher's desk drawers, this feel-good exercise in education reform was facilitated into a Hallmark card of aphorisms about "involving community" and "celebrating diversity" as if saying those words enough times would make it a reality. Our public schools have become soul-crushing institutions with little incentive to reform but great skill in making a child never want to pick up a book again for as long as they live. Everybody gets paid whether Johnny can read or not.

If the PPS are serious about education reform then they need to:

1. Solicit and act on the opinions of students. They have the most valuable insights into what is wrong with their schools.
2. Make it possible for brilliant and capable people to enter the teaching profession WITHOUT certification.
3. Stop the vindictive and unconstitutional practice of detention.
4. Lengthen the school day and fill it with meaningful activities.

It's that simple. Action, not words are what our schools need. It's time for a revolution in education because our schools are not the happy places we think they are. Ask any student. The Portland School Department sure didn't.

Sincerely,
Bob Lavin
Portland Public Schools Initiative
www.gnuteacher.com

ERRATA

In the January 8 issue, there was a misprint in the Talk column. The last sentence should have read "But every now and then we like to have fun too."

In the Talk column of the December 4 issue, the acronym LANDS stands for International Association for Near Death Studies.

Contests

Poem by Angel Moskowitz

The marsh mulls my senses
The gull in my heart cries
For some reason the sea here is not enough
Only fall's chilly wind drives me home.

This winter's promise is uncertain
Might be hibernating alone, might not
Roaming fox, afraid of the hand that bears fresh meat
He won't commit to come in out of the cold...
Won't stay with me in the seasonal den.

Is this nature's way of saying goodbye?
The paw is upheld, then turn-tail follows.

I shudder before climbing the stairs
It's dark early now.
I sit in front of the window in a distracting daze
Slightly wondering what to eat when I'm not hungry
An inner eye makes me notice leaves a whirl with snow
their dancing passes me by.



Drawing by Jason Scribner

Send your original photography, artwork and writings (articles, poetry, stories, etc.) along with your name, address, telephone number and a simple letter authorizing CBW to publish your submission. Send your submission to: Contest Department, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 (please include a SASE if you want your submissions returned) or e-mail to: cbwdir@maine.rr.com.)

THE Daily GRIND

Stew Therapy

by Martin James

While I have nothing against the medical practitioners of mental health recovery, I have found a method of maintaining my own mental health—even my sanity.

When troubles get me down, when life seems a burden that threatens to push me over the edge, I do not reach for a bottle—either of booze or pills.

No, when I can't take another minute of the ding dongs, pinheads and nincompoops who add to the daily grind that is life, I stop at the local grocery store and buy meat and vegetables and go home to make a stew.

Depending on what meat is on sale, I'll make a beef stew, maybe chicken or even pork. (My mental health is important to me but I'm still the frugal son of a Scotsman.)

Usually I will buy the most basic of vegetable: onions, peppers, potatoes and carrots. But if the day has been especially onerous or the assault of an irksome buffoon has been particularly fatiguing, I might buy a few vegetables, which I do not care for, like turnips or parsnips or even on occasion, a rutabaga.

Actually, the act of shopping often has a calming effect on my spirit, and the need for vigorous stew making is sometimes reduced.

But let me describe a recent bad day and explain how stew therapy helped me, at a cost of under \$15, become calm and cool and one with the universe—or at least calm.

Although I am essentially semi-retired, my dear wife subscribes to the theory that if my mind is not active on a regular basis, all that I know will somehow leak out of my brain and she will be left to care for a needy and demanding human being. (I disagree strongly with this theory; in my mind—which works just fine, thank you very much—this knowledge dissipation is like the belief that when a cookie is broken, the calories leak out. My wife holds that theory to be true as well.)

Most of my days are quite calm, but on rare occasions, something upsets the applecart of my mind and I can't cope. Most of the time this happens, it's the result of something a young person did, or did not do.

Years in the classroom should have steeled me against the inconsistency of the young, but I confess I hold a strong grudge against those who repeat mistakes. Usually, this is the result of not paying attention, but sometimes, it springs from a stubborn insistence on having one's own way. There is one young person who refuses to "go along" for any reason; he is a high school music teacher who suffers frequent bouts of mysterious illnesses and I am often called to substitute for him.

I shall call him Mr. Beethoven, for he seems to believe that he and the great composer have a lot in common. From listening to this stubborn kid play piano, in a manner he feels is Beethoven-ish, the only thing the late genius and the young jerk have in common is the existence of five fingers at the end of each hand.

Yesterday, I walked into his classroom to teach music theory in his stead. On the chalkboard at the front of the room was a note from Mr. B to his class, a nasty little note which began, "I regret that I will miss the

opening of our chapter on dissonance, but Mr. James—well known for his unintended dissonant music—should be able to shed some small light on the subject ... Mr. James is always late ... I ask that one of you erase this note before—or should I say *if*—he shows up."

Needless to say, the note was there when I walked into the classroom, only moments after the bell. I read it but did not acknowledge it. Instead, I launched directly into a lecture on the work of Charles Ives, Bela Bartok, and Igor Stravinsky. After a brief introduction to the topic, I played several sections of *The Rite of Spring*. Stravinsky's harsh and sometimes jarring work from 1913. Explaining that at the first performance of the ballet, the crowd protested so loudly that the dancers couldn't hear the orchestra, I was about to ask for opinions of the work when several of the class started to snicker. A student said that Mr. B. had told them that I always brought up the difficulty of the dancers because I didn't like ballet and needed to find some way to poke fun at them and their art.

Now I'm a reasonable fellow but that attitude and the method of delivery was just cold. I didn't snap in a way the students could see, but I nevertheless did indeed snap. I was in need of stew therapy.

Now here is why stew therapy is such a calming, cooling, soothing activity—so much more than the couch of the psychiatrist.

Entering my kitchen after a trip to the supermarket, I removed a hunk of beef from its wrapper. I laid it on my cutting board and began to cut it up into stew-sized pieces as I was thinking of the indignity done to me that day. As the events ran through my mind, my knife strokes became swift and violent and the meat soon resembled hamburger.

Putting the meat into my cast iron Dutch oven to braise, I turned to the vegetables. Starting with the carrots, which I peeled furiously, I worked my way through the onions, green peppers, celery and lastly to the potatoes.

By the time I'd reached the spuds, I was quite calm and began to laugh at the silly pettiness of Mr. Beethoven. My knife strokes were now lazy and the potatoes were laid out on the cutting board in large chunks. I was just dropping them into the stew as my dear wife walked in. Peering into the pot, she examined our supper and smiled.

"Bad day at school?" she asked and I nodded.

"Mr. Beethoven again?" and I nodded again.

"I wish you'd speak to him, my dear, instead of using your stew therapy," she signed. "The potatoes are never cooked completely when he pushes your buttons, and the meat is always mush."

Then she looked at me—I was holding one of her cats in my arms and she said with a very happy smile, "You know, I'm think I'm beginning to like mushy stew."

Martin James is making fewer stews these days, partly because he's learning to ignore the daily grind, partly because meat prices are rising—but mostly because he fears that stew therapy is turning him into a "cat person."

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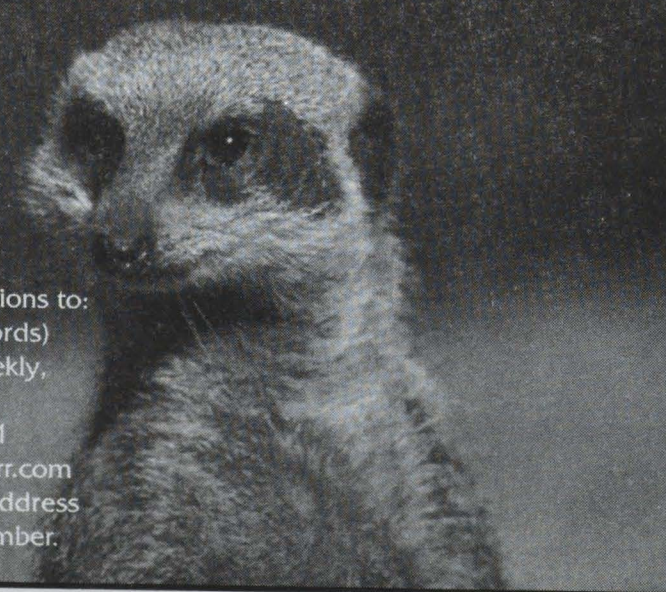
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Skyline From The Southworth Planetarium

Fate of a Meteor

by Edward Gleason

Hey, you! Yes, you! Sorry for being so rude and abrupt, but I have a challenge for you. Ready? Put your hands together. Now, rub them together as fast as you possibly can.



distant pockets of the galaxy. Color tinted nebulae and myriad stars would set the night aflame!

Were one so equipped, one of the first sights to behold would be Prasepe: the "bee-hive" star cluster in Cancer the Crab.

Located between the show off constellations of Orion and Leo the Lion, Cancer is a faint inverted-y pattern. It will be in the eastern mid-evening sky tonight.

Its component stars are utterly faint. In fact, the only truly noticeable object in Cancer is this star cluster.

To regular eyes, this cluster resembles a thumb-smudge of light: almost like a cloud fashioned of muted starlight.

When viewed telescopically, this cluster is reminiscent of a bee swarm: hence the nickname, "the Beehive" star cluster.

Like the Pleiades star cluster that is high in the eastern sky tonight, Prasepe is a galactic, or open, cluster. Open clusters contain relatively few stars and are somewhat young.

Prasepe has a few hundred stars and has just celebrated its 400 millionth birthday. Chillingly, 400 million years is a trifle of time on the cosmic scale.

If you are equipped with just eyes, turn your head to the east and observe this splendid star cluster. When without the special optical equipment, it is indeed a sight to behold.

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Now you know how it feels to be a meteoroid when it plunges through our atmosphere.

A meteoroid is a particle from outer space. Quite often the cast off remnant of a comet, a meteoroid can spend a lot of time in the void of space until it runs into a planet like Earth. When Earth encounters such a particle, the gravity draws it in. As it descends through the atmosphere, it gains speed.

As it moves faster through the atmosphere, it rubs against the atmospheric molecules.

Through frictional heating and ablation—where the meteoroid atoms are excited—this meteoroid heats up and glows.

Any nearby sky watcher will perceive this meteor as a streak of light racing across the firmament for only a minute before fading into invisibility.

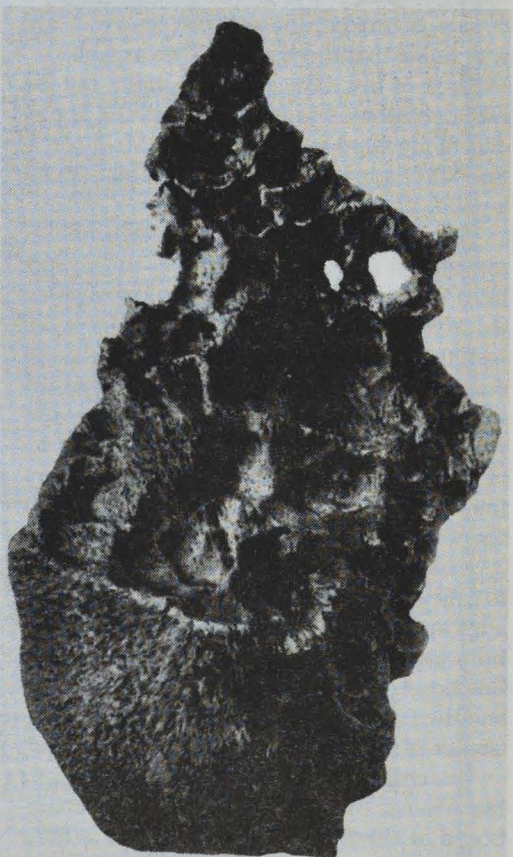
One can observe on average a meteor every six to ten minutes on any given night. During certain times of year—April (Lyrids), August (Perseids) or November (Leonids), for instance—meteor showers occur. These events may produce 20, 30 even more than 100 meteors an hour.

Tonight when you venture outside to observe the majestic heavens above, keep your eyes alert for the sight of the interloping meteoroid: a tiny piece of outer space dust dying in a blaze of glory in our sky.

A Beehive of Stars

Oh, to have telescopes for eyes for just one night.

To observe all of the galaxy's star-adorned treasures without effort or trouble. A simple turn of the head would direct one's gaze into



Meteor from The Smithsonian Institution Series
ILLUSTRATIONS: ART TODAY

health & wellness

Worn-out Shoes Can Cause Pain and Discomfort

by Heather Patterson,
of Homebodies Personal Training

Having good shoes that fit properly can help prevent such aches and pains as shin splints, knee pain, heel pain and stress fractures. As any runner or avid fitness enthusiast knows, this fact is of major importance if you want to be able to continue your exercise program pain free.

I once had a client who complained of knee and hip discomfort prior to beginning a program with me. I immediately asked her if she had had any injuries or known medical causes for such pain and she said no. I then went to the second most common culprit and asked her how old her sneakers were. She proceeded to tell me that she had been wearing them for almost four years! I gasped and told her that before we started working together, she must buy a new pair of exercise shoes. Once she did, the problem was solved; no more pain.

So what should a person look for in a shoe and how often should they toss them?

Running/exercise shoes should be changed about every six to eight months for the avid exerciser or a runner who puts about 500 miles on their shoes in that amount of time. The cushioning and support that the shoe has is worn down significantly from all of the impact on hard surfaces like pavement and hard wood flooring. Since the shoes are designed to support your foot and prevent your body from taking on all of that impact, it is only logical why pains or injury can occur when this support is worn down.

Try to choose shoes for function rather than fashion. Get something that has a good arch and plenty of heel cushioning as well as support for the ball of the foot. Make sure your foot feels a little snug and secure (but not too tight) in the shoe. The more of your foot slides and moves around, the less stabilized it is and the more potential for in-

jury, not to mention some whopping blisters!

If you're trying on running shoes, remember that they will seem a bit snugger and the toe box is generally narrower. This is normal; it adds support to the foot and accommodates the continuous motion of running. An aerobic shoe or cross trainer will be a bit wider in the toe and provides

Try to choose shoes for function rather than fashion.

more generalized support. If you have a really narrow or a wide foot, try on these different styles of shoes to accommodate your specific needs even if you're not a runner or never plan to do aerobics.

There are some really good exercise shoes out there. The best ones range in price from \$75 to \$100 and can be purchased at any sports store or on the Internet. My personal favorite is the Reebok DMX line. This is a running shoe that has an internal air transport system that follows the movement of your foot from heel to toe thus taking the major impact out of running and saving your joints.

Whatever shoe you choose to purchase, just make sure it's functional to your needs and provides the correct amount of support for your desired activities. Oh, and by the way, don't wait four years to do it!

Please email any questions or comments to the following address: homebodiespersonaltraining@yahoo.com.

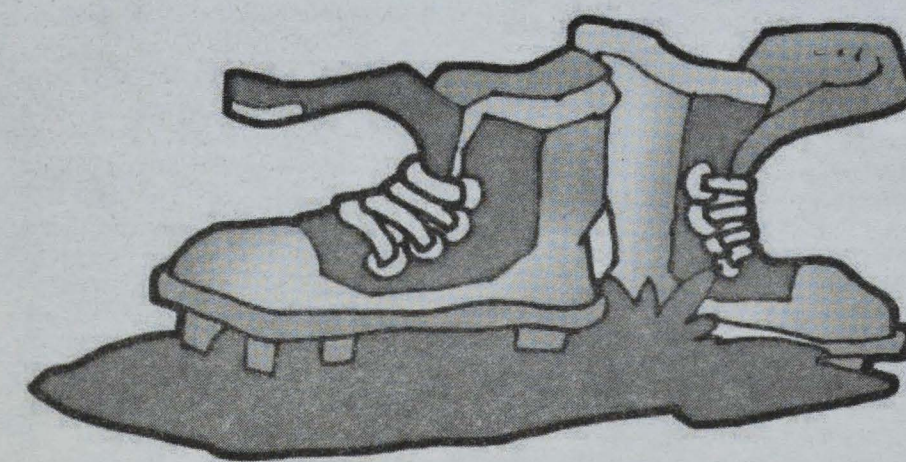


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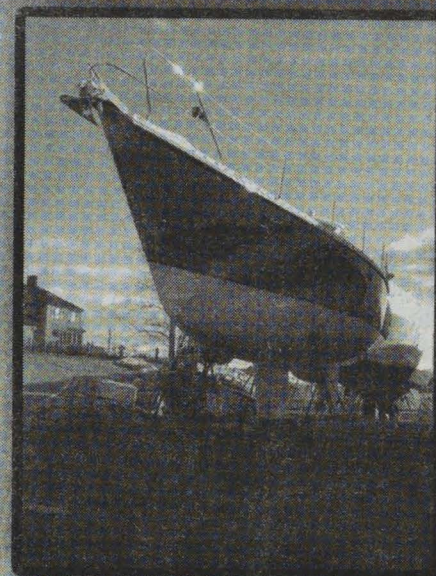


Views of Camden, ME



Photos by Charlotte Smith

While taking a scenic drive along the coast of Maine, you can't help but want to go through Camden. All over town there are various spots to get a breathtaking view of the Wayfarer Marine.



In 1796 - two hundred and six years ago - Captain William McGlathery launched Camden's shipping industry when he sent "one ship and a schooner" down the ways. In 1816, Captain Joseph Stetson established his yard in Camden. Over the ensuing four decades, it became one of the largest and most successful on the entire Maine coast. About 70 vessels of all types and tonnages took shape here, including ships, barks, barkentines, brigs, brigantines, schooners, and fast clipper ships. In 1997 the company was sold to a partnership of Jack Sanford and Parker Laite both Camden businessmen who are as committed to keeping the incredible Wayfarer team together and having Wayfarer continue to be the centerpiece of beautiful Camden harbor. Since taking over the reins, Parker and Jack have made numerous improvements to Wayfarer, including replacing the wharf, pilings, and docks, adding new piers for the mobile boat hoist, and buying the ASCOM mobile boat hoist. Wayfarer has also recently completed building a new showroom and service facility on Route 90 for Wayfarer Harbor Marine. www.wayfarmaine.com



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GREATER PORTLAND'S JOURNAL
OF NEWS, ARTS & HAPPENINGS

Sometimes the name tells the whole story

by Tom Keene

Some of the oddest names are found in the restaurant business and we need go no further than the infamous and original Road Kill Café on Pritham Avenue in Greenville Junction, Maine. But how many restaurants are named for movie directors?

Well, there is at least one, and it is in Portland, Maine. It's as fine place to eat as you'll find in Portland, and it's named for a director considered one of the best ever. At 375 Fore Street is a place called Bull Feeney's, named for a Portland High School football star named Sean Aloysius O'Fearn who latter changed his name to John Ford.

To understand John Ford the director, it's important to know Sean Aloysius O'Fearn—a name later shortened to John Feeney. Ford's father, Sean, who was born in the village of Spiddal, County Galway, Ireland in 1854, made the change. John Feeney took the name Ford from his brother Francis, who borrowed the name from the Model T automobile when he moved to Hollywood and began directing silent movies. When John—who used the name Jack Ford when he appeared in *The Birth of a Nation* in 1915—followed his brother to the West Coast, caught the movie bug, he quickly outran the minor fame of his older brother. By 1924, Ford was beginning to attract at great deal of attention because of the style that one day would reverently be called "Fordian."

According to the manager of Bull Feeney's, whose business card reads Doug Fuss, *Publican*, the story of the restaurant he runs "is an immigrant story; except for the Native Americans, we're all immigrants in this country."

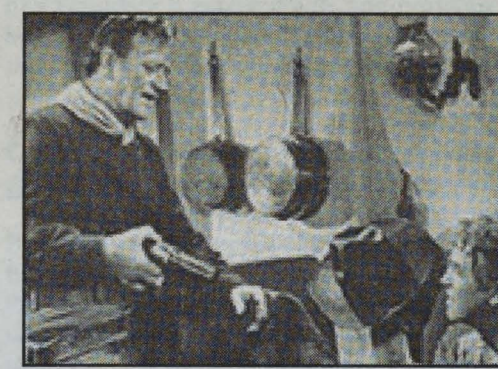
Ford was the eleventh and last child born to Sean (John) O'Fearn (Feeney) and Barbara Curran, both Irish natives who came to America separately but met and married soon after arriving. He was born on February 1, 1894 in Cape Elizabeth, Maine, moved to Portland with his family and acquired the nickname "Bull" during his years as a star full-back for Portland High School. Fuss said that the future director "lowered his leather helmet and ran through the line."

Sitting on one of the high stools in a sunny upstairs dining room at Bull Feeney's, Fuss told the tale of a man who came to America in 1872 not only to escape the poverty of his native Ireland but to "pave the way so his son could become something great."

That his son succeeded in becoming "great" is beyond dispute: In 1973, John Ford was awarded the very first Life Achievement Award by the American Film Institute. In presenting the now-cherished award to Ford, Charlton Heston, chairman of the AFL, said that "... Ford's films are a creative tapestry representing over 50 years of work. No individual has more fully explored on film the American experience." Ingmar Bergman



John Wayne and Maureen O'Hara from *The Quiet Man*



John Wayne and Jimmy Stewart from *The Man Who Shot Liberty Valance*



Sara Allgood and Roddy McDowall from *How Green Was My Valley*

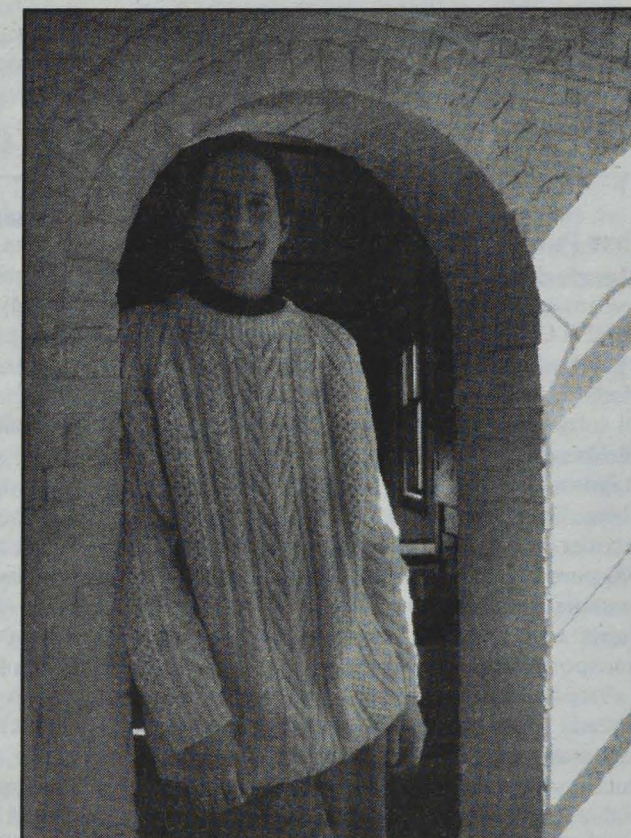
PHOTOS: REEL CLASSICS.COM

called Ford the greatest director who ever lived—high praise from a man considered the most artful of all movie directors.

The restaurant that bears the great director's name was created to resemble the "shop-style Irish bar" that is still commonly found in Ireland. And in those places in Ireland, stories were told and grew larger in the retelling. The same thing was surely happening all around young Sean as he grew up in and around the busy bar filled with natives of

Doug Fuss, Publican of Bull Feeney's of Portland, stands in an archway of the restaurant named for famed director John Ford.

PHOTO: ABBIE OSTREM



Ireland, who, according to Fuss, have a "tendency to tell stories." Where better, then, for a young man who would one day be considered one of the world's greatest storytellers to learn the craft—and to hear the tales that would one day fill the screen and move the hearts of Americans.

While today's Irish pub and restaurant is modern in many ways, there is so much of the past in the place that it's like stepping out of the 21st century into a warmth and charm not found in the typical American restaurant. Where many try to recreate a long-past atmosphere with only surface success, Bull Feeney's looks and feels like the real thing. The look is authentic—ask Doug Fuss about the furnishings, the wall paintings and the photographs.

But it goes beyond appearance. The people who work there exude a sense of time and place that patrons experience and appreciate. Sitting by a window one afternoon, I watched stern-faced, busy men and women hustling along Fore Street, enter Feeney's and turn suddenly calm and friendly.

The food is decidedly a cut above the normal product of American food factories, the prices reasonable, and Bull Feeney's would stand above the crowd on that basis alone. But it's the sense of Irish-ness and the presence of John Ford's delightful storytelling on the walls and in the atmosphere that make the place special.

You can feel the way young Sean must have felt back in the late 1800s as he heard his father's customers spin tales of Irish pride and perseverance through mighty struggles in a difficult—and not always welcoming—new home for the Irish and other immigrants who fled poverty in their homelands.

These struggles are documented in Ford's greatest films, and especially in *The Quiet Man* of 1952, which Ford always said was his most personal film, and one of his favorites. In fact, many film critics have said that the lead character, Sean Thornton—played by John Wayne in what many call his best performance ever—was a "stand-in" for John Ford himself.

The Quiet Man is the story of a man who leaves America for his native Ireland with a horrible secret. As the film unfolds, Ford shows us a place that is always an inspiration to him, a place filled with simple, stubborn people who share their troubles and their tri-

umphs openly and with deep affection. Thornton is able to face his past, and make peace with what happened, only because he is in the right place for him, embraced by the only people who could offer the healing he left America to find.

Another Ford masterpiece is *How Green Was My Valley*, which won Oscars for best picture and director, as well as best cinematography, art design and interior decoration. Filmed in black and white in California due to restrictions imposed by the war, *How Green Was My Valley* is Ford at his very best. He uses his storytelling skills, his eye for dramatic film techniques and his ear for dialogue to create a Welsh mining town ripped apart by the dangers of coal mining, and he fills it with some of the most memorable characters ever seen on film.

If these two films were the sum total of John Ford's work, he would today be considered a genius of great promise whose future could have been the brightest of all filmmakers. But Ford directed well over one hundred films; all of them are good, a number of them great, and a dozen or so that are considered among the greatest films ever made.

My suggestion is that you soak up a bit of Irish atmosphere at Bull Feeney's Restaurant in Portland, then rent the two films mentioned above. Then move on to *The Searchers*, considered by many his best film, *The Grapes of Wrath*, *Stagecoach* (which Orson Welles watched 40 times for film tips before making his own masterpiece, *Citizen Kane*), and *The Informer*, for which Ford won his first best director Oscar.

My personal favorite Ford film is *The Man Who Shot Liberty Valance*. It's corny and melodramatic, but the story is fascinating and, with John Wayne, Jimmy Stewart, Vera Miles, Andy Divine, Edmond O'Brien, John Carradine and Lee Marvin in the cast, the acting is perfect. In addition, *The Man Who Shot Liberty Valance* has some of John Wayne's most frequently imitated lines, including the classic: "You're mighty purdy when you're angry, little missy." At the end of the film, when a reporter asks his editor if the paper should run the strange true story they've just heard from Senator Ransom Stoddard (Jimmy Stewart), the editor proclaims: "It ain't news. This is the West. When the legend becomes the fact, print the legend."

Community notices

First Pump in Maine to Offer Blended Biodiesel to the Public

SOUTH CHINA Starting in December, Maine welcomed its first fuel pump offering blended biodiesel to the public. Biodiesel is a vegetable oil substitute for diesel fuel or home heating oil. Maine's first B-20 biodiesel pump is located at Frontier Village Market on Route 3 in South China. The biodiesel fuel will be provided by Frontier Energy, the only full-service supplier of 100 percent and blended biofuels and bio-lubricants in the state of Maine. Biodiesel is poised to become an integral part of Maine's transportation system.

Vice President Joel Glatz says his company is ready to lead Maine into the future. "We are proud and excited to be pioneering the introduction of renewable energy in the state of Maine," Glatz says. "This step will go a long way to help clean up the environment, as well as reduce the dependency on foreign oil and support local farmers."

Biodiesel is easy to use, safe, biodegradable, non-toxic and reduces net CO2 emissions by as much as 78 percent, as well as providing major benefits in reducing most other harmful emissions including cancer-causing particulates. Grown and processed in the U.S., biodiesel can, more importantly, lessen our reliance on foreign oil imports. No equipment alternations are necessary to convert biodiesel and it can be stored or added to any existing tank. Biofuel is blended in 100 percent, 50 percent and the most popular B-20 (20 percent biodiesel and 80 percent petroleum).

Nationally, the U.S. Marine Corps reports success with switching over to biodiesel and is now using it in all non-tactical vehicles. The U.S. Postal Service and National Park System cite similar results. In Maine, L.L. Bean of Freeport is currently using the fuel in its trucks, and the Maine State D.O.T. uses the fuel at its Freeport maintenance lot. Many Mainers also use biodiesel for home heating. It can be used in any conventional boiler or furnace.

Maine PBS Program Targets Financial Aid, Career Training Series

LEWISTON The television stations of Maine PBS will launch a new series offering viewers hands-on tips on financial aid, career training, literacy, English as a second language, and

more beginning in January. Reaching Higher is a series of four programs aimed at targeting a variety of Maine learners such as high school students, displaced workers, adults seeking post-secondary education, welfare recipients and others. The first program, Financial Aid, reviews the ins and outs of the financial aid process, including the different types of financial aid, and the saving and loan plans that are available in Maine. A live call-in will round out the show.

All those who apply for financial aid must fill out the Free Application for Federal Student Aid (FAFSA) form. FAFSA experts will be on hand during the call-in portion of the program to offer advice and tips on how to best approach this application.

Financial Aid targets high school students and their families, as well as adults seeking post-secondary education. It airs Saturday, January 17 at 8 p.m.

The three remaining Reaching Higher programs, Higher Education Opportunities, Literacy & GED, to air in June, will focus on improving reading skills and reviewing the options for getting a General Educational Development (GED). Changing Career Directions, airing in September, will feature exciting new career options. Free-lance television personality Ann Murray, of Hallowell, will host the entire series.

Higher Education Opportunities, airing in April, will provide information on how to make informed decisions about college. Literacy & GED, to air in June, will focus on improving reading skills and reviewing the options for getting a General Educational Development (GED). Changing Career Directions, airing in September, will feature exciting new career options. Free-lance television personality Ann Murray, of Hallowell, will host the entire series.

For more information about Reaching Higher, visit the Maine PBS Web site at www.mainePBS.org. Production of Reaching Higher, on Maine PBS, is made possible through a television demonstration grant from Rural Development, part of the USDA.

Two for One Blood Drive

HINCKLEY An upcoming blood drive allows people to perform two good deeds with one effort. The blood drive will take place at Good Will-Hinckley on Thursday, January 15. For every pint donated, Eastern Maine Medical Center's Blood Donor Program will donate \$2. Good Will-Hinckley, home to 130 youth, has earmarked these funds for its literacy campaign. Emergency blood supplies are critical and the public is urged to participate. Call

238-4002 to pre-register or visit www.gwh.org for details. The Hinckley campus is on Route 201 north of Fairfield, off Exit 36.

According to organizers, several factors have compounded to affect the level of current blood supplies. "Snow storms in December shut down several blood drives," says Tiki White, Good Will-Hinckley Human Resources Assistant. "In addition, the holidays are a busy time and blood donation is not a priority." According to White, most hospitals barely keep up with demands on their blood supply. "We're told unscheduled surgeries result in blood getting used faster than it comes in," she adds. "We hope our drive makes a difference."

The blood drive will be held on Thursday, January 15 from 11 a.m. to 5 p.m. The location for the drive is the Bishop Auditorium at Prescott Hall, on the Hinckley Campus. Potential donors are required to bring a photo ID, such as a driver's license as well as pre-register by calling White at 238-4002. White may also be reached by e-mail at twwhite@gwh.org. In lieu of the usual T-shirt, donors have the option to designate \$2 towards helping the youth of Good Will-Hinckley. All funds donated by Eastern Maine Medical Center's Blood Donor Program are earmarked for Good Will-Hinckley's literacy campaign.

Outdoor Heritage Lottery Ticket Funds Local Projects

AUGUSTA The Outdoor Heritage board awarded \$549,108 in grants recently to 20 projects across the state from the sale of the 'outdoor' instant lottery ticket. The program was established in 1995 by the Maine Legislature to provide an additional source of funding for conservation and recreation projects across the state. Since the tickets first went on sale in 1996, the fund has awarded over \$10.5 million in grants to 385 projects statewide.

A grant of \$51,000 will extend the Presumpscot River trail network in Portland onto a nine and a half-acre parcel of land adjacent to Presumpscot Falls. Partners on the grant proposal were Portland Trails and the Maine Conservation Corps.

In New Gloucester, a grant of \$25,270 for renovations at the New Gloucester Hatchery will begin implementation of a tank farm facility while improving the quality of effluent discharge within the Royal River watershed. Partners submitting the grant proposal were

Maine Inland Fisheries & Wildlife, International Paper, Portland Plastic Pipe, Reed and Reed Engineering.

Outdoor Heritage grants are awarded twice each year. Nonprofit organizations may apply in partnership with one of the state's natural resource agencies. As required by law, grants are distributed in four categories: fisheries and wildlife conservation; acquisition and management of public lands; endangered and threatened species conservation; and natural resources law enforcement.

The deadline for the next round of proposals is March 1, 2004. To learn more about how to apply for a recreation or conservation grant, please call 688-4191 or visit the website at: www.state.me.us/ifw/outdoorheritage.

Cape Elizabeth High School and UPS, Building Habitat Houses and Dreams

FALMOUTH Cape Elizabeth High School Drama Club and Local UPS workers are working together to help build a Habitat for Humanity house while fund raising for their world premier drama show.

This past summer, 30 Cape Elizabeth High school drama students embarked to Scotland for the world-famous Fringe Festival. UPS enthusiastically helped sponsor the group with an understanding that they would donate 120 hours of their time to Habitat for Humanity; UPS also donated 120 hours of time. Both groups have worked more than their original plan, over 500 hours have been clocked at the Habitat site.

On Saturday, December 13, the UPS/CEHS relation helped shingle the roof of the Falmouth House. They returned in the New Year, January 3, to continue work at the Falmouth site.

Habitat for Humanity of Greater Portland was founded in 1984 and has since complete 36 homes. By utilizing volunteer labor, along with donated materials whenever possible, the affiliate can generally build a three-bedroom house for about \$80,000. After the house is complete it is sold to a qualifying family at cost by means of a no-interest, 20-year mortgage. Recipient families are chosen on the basis of need and ability to make mortgage payments. Each family must put in a minimum of 350 "sweat equity" hours in order to qualify to purchase a Habitat home. Habitat encourages families to volunteer at other sites in order for them to get to know the Habitat volunteers.

Mortgages payments coming to Habitat are recycled into new Habitat projects. www.maine.com/community/habitat.

Enjoy Downtown Bath!

BATH Thanks to conversations and cooperation between Downtown Merchants, Main Street Bath Volunteers, City Officials and the Bath Police Department there will be more parking available in the downtown on week-ends and in the evening.

For your convenience while shopping in Downtown Bath, the parking lot next to the Bath Police Department is open for public parking evenings after 5 p.m. and all day Saturdays and Sundays. The parking lot behind City Hall is also available for parking during the same times.

The Frannie Peabody Center Receives Grant

PORTLAND The Frannie Peabody Center has received a \$40,000 grant from the California-based Hal B. Wallis Foundation. The grant supports general operations at the Center's Peabody House, Maine's only assisted-care residential facility for persons living with advanced stages of HIV/AIDS.

The Frannie Peabody Center is a private, nonprofit HIV/AIDS service organization dedicated to providing prevention and comprehensive client services to individuals living with HIV/AIDS in Maine. The Peabody Center was formed in 2002 as the result of a merger between The AIDS Project (TAP) and Peabody House, two organizations with long and progressive histories in the fight against HIV/AIDS in Maine. The agency has a staff of 33 and an annual operating budget of \$2.5 million.

Peabody House, founded in 1995, is Maine's only assisted-living facility for people with HIV/AIDS who require long-term care. The six-bed house is located in the historic West End of Portland. A team of social service and nursing care providers work together to provide 24-hour care and support to residents of varying levels of need. Approximately ten individuals living with HIV/AIDS resided at Peabody House during 2002.

Maine Community Foundation Awards Grants Statewide

ELLSWORTH The Expansion Arts Fund of the Maine Community Foundation (MCF) recently awarded nearly \$35,000 in grants to organizations involved in indigenous, ethnic and rural arts programs and projects around the state, particularly those that serve areas with limited access to arts events.

An advisory committee comprised of individuals knowledgeable about arts and culture in Maine reviewed applications and made recommendations. Grants awarded were:

- \$2,600 to the **American Friends Service Committee in Perry, Maine**, to support the Wabanaki Youth Program cultural history theater project.
- \$4,900 to **Cultural Resources, Inc., in Rockport** to develop a website for its traveling exhibition program and to ready two current exhibitions for travel to off-site venues in the future.
- \$3,000 to **Films by Huey in Portland** to support the production of an audio CD "Penobscot Pow-wow" by the Burnurwurskek Singers of the Penobscot Nation.
- \$1,000 to the **Finnish Farmers Club of Monson** for support of the "Expanding Traditional Finnish Music and Dance in Rural Maine" project.

- \$600 to the **Lincoln Arts Festival in Boothbay Harbor** to make its programs accessible to area youth by providing free admission to events.
- \$5,000 to **Maine Indian Education in Calais** to support the Wapanahki Student Art Show 2004.
- \$5,000 to **Nee-Loon in Princeton** to support the "Waking Up Passamaquoddy," a language preservation project.
- \$2,000 to **North Haven Arts and Enrichment** to support the "Expressions" project that will use dance, song and poetry to represent the island's cultural and historical traditions.
- \$1,500 to **Original Works in Hallowell** to support the Postcard Artreach Project, a program that has Maine students create postcard art for display in public schools.
- \$5,000 to **Peace Action Maine in Portland** for creation of a peace artist-in-residence program.
- \$3,000 to **Schoodic Arts for All** for the Meet-Inghouse Theater Lab in Hammond Hall.
- \$1,600 to the **Willard School in Sanford** to support the Ocarina Music Club.

The Maine Expansion Arts Fund is the result of a collaborative effort of the National Endowment for the Arts, Lillian M. Berliawsky Charitable Trust, Maine Community Foundation and Maine Arts Commission to strengthen and ensure the future of artistic traditions. A permanent endowment held by the MCF provides funds for the annual grantmaking program. Additional funding is provided through the Elizabeth Laughlin Anderson Memorial Fund at the Maine Community Foundation.

A statewide organization with offices in Portland and Ellsworth, the Maine Community Foundation makes grants and provides leadership to strengthen Maine communities. For more information, visit our website, www.maineCF.org.

Coastal Humane Society Holds Rabies, Etc., Clinic and Valentine Pet Photos

BRUNSWICK Coastal Humane Society in Brunswick, will hold a Rabies, Etc., Clinic and Pet Photos for Valentine's Day on Sunday January 18, from 11 a.m.-4 p.m. Rabies shots, microchip identification, ear cleaning, nail clipping and Gentle Leader® dog head halter demonstrations will be available! The costs are: Rabies \$12, Microchip \$20, Ear cleaning \$5 and Nail Trimming \$5. There is a \$10 sitting fee for photos, final cost depends on package choice and appointments are required. Rabies vaccinations are available for dogs, cats and ferrets. Nail clipping available for dogs, cats, ferrets, rabbits and guinea pigs. All proceeds benefit the Coastal Humane Society. Please bring previous rabies vaccination records. The location will be at CHS 30 Range Road, Brunswick. Contact the Shelter at 725-5051 for more information and to schedule pet photo.

Maine Audubon Seeks Volunteers to Lead Nature Program

FALMOUTH Maine Audubon needs volunteers to lead "Exploring Nature in Winter and Spring" programs January 26 through March 26 at Gilsland Farm Audubon Center in Falmouth. These one-and-a-half-hour programs for groups of all ages are offered Monday through Friday.

Volunteer training sessions for these hands-on nature explorations are held 9:30 a.m. to noon Thursday, January 15; Tuesday, January 20; Thursday, January 22 and Friday, January 23 at Gilsland Farm. Volunteer guides will learn teaching techniques, seasonal changes in plants and animals and general ecology. No previous knowledge or

teaching experience is necessary, just an enthusiasm for nature and a willingness to share it with others. In-depth internships are also available. Volunteers planning to attend the training sessions should contact Linda Woodard at (207) 781-2330, ext. 213, or e-mail lwoodard@maineaudubon.org. Special training arrangements can also be made.

Japanese Celebration Welcoming the New Year

PORTLAND Please join the Japan America Society of Maine (JASM) on January 17 for our Oshogatsu, or welcoming in of the New Year, celebration at the Allen Avenue Unitarian Universalist Church, 524 Allen Avenue, in Portland. The event will take place from 4:30-9:30 p.m. We will begin with mochitsuki, the pounding of rice and the making of traditional New Year's rice cakes! This will be followed by a potluck dinner to welcome the Year of the Monkey (Saru). Bring a favorite entree, salad, or dessert to share and JASM will provide beverages. FF: Lucy Sloan, takara@prexar.com, (207) 771-0224.

After dinner, JASM Auctioneer Jeff Sandler will again conduct a live and lively auction. There'll also be a silent auction of smaller items running throughout the evening. Any and all donations from JASM members and the community will be gratefully accepted. If you've suggestions for or questions about donations, please contact Jeff Sandler, mmfish@maine.rr.com, (207) 767-3629. Snow date is January 31, same time, same place.

Shop and Save and Share

PORTLAND Throughout the month of January, shoppers at Simply Scandinavian at 99 Exchange Street in Portland can trade in gently worn outerwear to benefit Preble Street.

During its fourth "Share in the Warmth" campaign, Simply Scandinavian will offer everyone who brings them a clean sweater, coat, vest, hat, scarf, gloves, or mittens in good condition a \$10-\$50 credit toward the purchase of a similar in-stock item. All clothing will be donated to Preble Street Resource Center.

Mark Swann, Executive Director of Preble Street, said, "We must count on the generosity of friends like Simply Scandinavian to help us provide clothing to the hundreds of homeless adults and children at the Resource Center and the Teen Center warm during the cold winter months."

Preble Street provides accessible, barrier-free services to people experiencing problems with homelessness, housing, hunger, and poverty. In addition to day shelter and free clothing, the Resource Center provides a breakfast program, food pantry, housing assistance, vocational and educational programs, outreach, access to health care, mental health services, substance abuse treatment, and legal assistance to address the long term problems.

According to Mary and Tom Grant, owners of Simply Scandinavian, "Especially at this cold weather time of year, it gives all of us a good feeling to give to those in need." For more information about "Share the Warmth," please visit Simply Scandinavian or call 874-6759. For more information, or to make a donation, or to volunteer with Preble Street, please call 775-0026.

New Statewide Youth Action Fund Make First Grants

AUGUSTA Chrysalis Youth Action Fund at Maine Initiatives, a new source of grant money

for young people organizing for social change, has announced that it has made \$10,250 in grants for 2004. Chrysalis is a youth-driven grant program supporting efforts to address the issues affecting young people in Maine. It has made its first grants to:

- **Bangor Sweat-free Schools**, a project of Peace through Interamerican Community Action, to involve high school students in identifying sweatshop-made products and promoting the purchase of Maine- and US-made products.

- **Maine People's Alliance Campus Organizing Project**, to engage high school and college students in community issues affecting them.

- **Nothing But Hoops/Institute for Practical Democracy**, Portland, to instill leadership, advocacy, and mobilization skills through sports.

- **Wabanaki Youth Program**, Perry, a project of American Friends Service Committee, for native American teens to produce a theater/video project addressing racism.

- **Youth Activism Gathering**, Hallowell, a project of Resources for Organizing & Social Change, to bring young people together to share and develop the skills and vision for lifetime involvement in social change.

Maine Initiatives, a fund for change, cultivates social, economic, and environmental justice through grants and other support to grassroots organizations. For more information on Chrysalis or Maine Initiatives, call 622-6294 or visit www.maineinitiatives.org.


Maine Rite Aid Pharmacy Chain Pulls Nicowater from Shelves

AUGUSTA State Senator John L. Martin (D-Aroostook County) of Eagle Lake announced on January 9 that Rite Pharmacy is removing the controversial nicotine-laced water product "Nicowater" from their Maine store shelves and thanked them for this. Rite Aid's decision to remove the product follows the successful passage of a bill Sen. Martin sponsored in the Joint Standing Committee on Health and Human Services Wednesday that would ban the sale of nicotine-laced water products in Maine. The House and Senate are expected to take up the measure as soon as it is put on their calendars.

"Rite Aid's decision to pull Nicowater from its shelves and the HHS Committee vote are two big victories for everyone who wants to keep tobacco products out of the hands of children. There are absolutely no state or federal laws that protected children from purchasing Nicowater. Although high levels of nicotine are in Nicowater, the product was being sold nearby regular bottled water in Rite Aid stores," said Sen. Martin.

On Wednesday, HHS Committee lawmakers approved an amended version of Sen. Martin's bill that would tie Maine's Nicowater ban to citizens' initiative before the Food and Drug Administration. Under that initiative, the FDA would not classify Nicowater as a homeopathic product and therefore revert back to an earlier ban on the product classifies it as an unapproved drug.

The ban would then make it illegal to market nicotine-laced water nationwide. Prior to the committee vote, Sen. Martin sent a letter to Mary F. Sammons, President and Chief Executive Officer of the Rite Aid Corporation and said that he was "deeply concerned that [their] management team is allowing this product to be sold in your stores and that this product could be used to 'hook' children into becoming smokers in my home state of Maine."



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MAINE JOB MARKET

Two Maine Industries

Fishing remains in the midst of change while agriculture flourishes

FISHING

by Michele Morris

Here's a crazy thought that may not be so crazy anymore: Portland is a coastal fishing port whose industry and livelihood may be hindered by its geographical location. What's even more crazy is that the whole of New England's once powerful and fruitful fishing industry is on the brink of massive losses, in both monetary stakes and the loss of a way of life. Here's how it plays out on the surface: The players: the fishermen themselves, environmentalists, scientists and politicians. The score: Estimation, resentment, distrust, hope and fear. All of these elements and more are at play, but what's at stake at the heart of the fishing industry debate and change is the livelihood of the fishermen and their families.

Whether you are in Portland, Rockland or Port Clyde, the daunting reality is clear: the waters that hug the Maine coastline, which were once abundant with groundfish and parallel profit, are now struggling to regain that bounty. Why? Here's where the truth unfolds.

Of all the accomplishments of mankind, from space travel to computer ingenuity, there is still one frontier that has not been understood: the oceans and the life within them that make up for more than 70 percent of our world. This lack of knowledge of this rears its unpleasant head within this industry battle as even more regulations are again about to be placed on fishermen. With the coming of Amendment 13 by the New England Fishery Management Council [FMC], which was voted on and approved in mid-November of last year and is to be implemented by the end of this month, hard times will increase for the already encumbered fishing industry. As scientists try to estimate and predict the population cycles of groundfish, more specifically cod, environmentalists trumpet the dangers of overfishing, or plainly stated, "overkill." Meanwhile, neither of Maine's Senators, Collins and Snowe, support the Amendment, and fishermen, those who know the vast waters of our world better than anyone, are left to sift through the outcome.

So why are Maine ports in a geographically hindered location? The first damage that comes as a result of the new regulations is the number of days that fishermen will be able to fish commercially. Broken down by percentage and as stated by the FMC, 60 percent of the days for fishing will "be used to fish for any species of groundfish," and the other 40 percent will be spent fishing in designated areas where more abundant fish species are thought to be dwelling. The average number of days that a typical commercial fisherman will fish will be 52. The key here, which is what many of the fishermen argue, is that scientists cannot be certain how fish species are faring, at least not enough to be making restrictions based on estimation. The further problem for the fishermen lies with the costs involved if they choose—which most of them may do—to move or travel elsewhere to fish, so they can continue to live the only life many of them have ever known—the life of a fisherman. Though Amendment 13 puts restrictions on fishing in New England waters as a whole, Maine fishermen will likely be hurt most by the changes. Fishermen in Massachusetts, which is home to one of the most productive fishing areas in the world, the Georges Bank off Cape Cod, won't be hurting as much simply because they have shorter distances to travel. Also, Bay State laws allow lobsters to be brought onto shore and there isn't a fuel tax. So, with more and more boats leaving Maine waters and others being forced out of the water all together, the fishing industry in Maine is reeling.

Amendment 13 is meant to bring reconstruction to the industry and to rebuild the groundfish species themselves, but at what cost? FMC Chairman David Borden commented in the news release of the approval of the Amendment, "There has been an unparalleled level of industry cooperation up and down the coast, and I would like to extend my thanks to all including the conservation organizations. This bodes well for the future of the fishery management process in New England." In other words, the industry will remain intact, but what will be left of it after the rebuilding process? With fewer fish-

ing days, restrictions on where and what to fish, most fishermen are wondering when they should look for other employment. Change is the one constant in life and change is eminent for the fishing industry, and this is not only devastation to the industry, it's devastation to a community. Whether you're in Rockland, Portland, Port Clyde, Bar Harbor, or any other port in Maine, come May 1, the first day of the fishing season, you will see clearly the change brought on by Amendment 13. All that's left for Maine's historic fishing industry is the hope that someday the fishing grounds will recover.

AGRICULTURE

As you enter or leave the state of Maine, you'll see a sign proclaiming: "Maine: The Way Life Should Be." This unofficial state motto refers to the sum total of the Maine experience for residents and visitors alike: The people and the places and the great potential of the whole to make life very rewarding and full. There is a sense of community throughout our state that makes smiling and saying hello to the person walking past you on the street—neighbor, friend or stranger—a part of the graciousness Mainers are known for.

At the forefront of the Maine experience are the products of its fields and forests and farms. Mainers are used to buying homemade products, but the world is increasingly familiar with these commodities. Did you know, for example, that the state is the largest producer of brown eggs and wild blueberries in the world, second in the nation for maple syrup, eighth in the nation for potatoes, and within New England, we rank second in our livestock and milk production. Let's not forget our fast-growing fiber industry.

Though statistics are a good measuring tool, they don't tell the whole story. In recent years, with the increased popularity of organic growing, there has been a resurgence of interest back into the simpler, do-it-yourself lifestyle that has always typified farming. When the state was being settled in the 1800s, the first farms were formed, and today there are thousands of small farms in every corner of the state, providing over 65,000 jobs and supplying \$1.2 billion to the Maine economy.

With that said, is there a job scare within the agriculture industry? I once told someone, after having traveled the entire length of the state from Kittery to Madawaska and back, that such a journey is the only way to truly understand how big Maine is. From York County to Aroostook, from Franklin to Washington County, each region, each nook and cranny of Maine is alive with croplands, orchards, pastures and woodlands.

Statistically, for example, Aroostook County alone, as Maine's largest county, has nearly 325,000 acres of land housing almost 900 farms, while the smallest, Sagadahoc, has nearly 18,000 acres with over 100 farms.

Farmer's markets and farm stands are abundant within the state and the Maine Department of Agriculture, Food and Rural Resources [MDAFRR] has numerous programs and bureaus that keep pace with the market and provide opportunities for those interested in learning farming. There is also the Maine Women's Agricultural Network, which specializes in providing women with the knowledge and skills needed to successfully start and cultivate a farm, and the Maine Organic Farmers and Gardeners Association, whose members pledge and advocate the growth of healthy, chemical free food. But the most important piece of the agriculture industry is the Maine Farmlink, which provides a "farm transfer program" that helps those hoping to have and utilize farmland take on a farm whose previous, retiring farm owner wishes for his/her land to continue to produce. This, in turn, provides a continuous effort to keep the agriculture industry in Maine from fading.

So next time you're out for a drive or a hike, visit a local farm stand or orchard, taste some Maine produce, and experience a sensory explanation as to why we are so blessed to have such abundance from our farmlands, fruit trees and forests. Does another state really have a Macintosh apple like those grown in Maine? Are tomatoes from other states as red and plump? Does the corn of the Great Plains match the corn of a Maine August? Or perhaps I'll just take a walk to the end of my driveway in the spring and pick a few wild blueberries from the patch that's been there for decades and is still growing strong.

Women Work & Community

Organization helps women build careers and become financially self-sufficient

by Linda Buckmaster

"I've been looking for a job for months, and I haven't had any luck."

These are the words of many of the women who walk into the offices of Women, Work and Community (WWC) around the state every week. For 25 years, the organization has been helping women from all backgrounds not only find jobs but build careers and become financially self-sufficient.

At centers and outreach sites in every county of the state, WWC works with women one-on-one and in training programs. Executive Director Gilda Nardone notes that the organization has a philosophy of working with the "whole person." When a woman walks into one of our centers, she says, "we don't just see a job seeker or an unemployed person. We see someone who has other parts to her life—perhaps a family or health needs or financial problems or particular dreams for herself." By helping a woman balance her work needs and the rest of her life, WWC can help her identify and pursue a career path that provides a livable income and a source of personal satisfaction with opportunities for growth.

"One of the things we emphasize in our training programs is that people need to see themselves as more than just a job title," says Linda Buckmaster, Employment and Training Coordinator. "We help them identify the package of skills that they take to any job or company." Those skills might be those that are particular to a certain kind of job, like nursing, but they also include what Buckmaster calls "transferable skills." For example, a mill worker has specialized knowledge to run the weaving machine, she says. "But when the mill closes and the demand for machine operators is gone, the person still has valuable skills such as mechanical skills, or the ability to solve problems and work as a member of a team."

For those women who decide that they need more training or education, WWC works with them to develop a plan for returning to school. "We all need to be lifelong learners," says Buckmaster. "You are never too old to learn, to update your skills." Many women who have been out of school or the workplace for a while have fears about returning. Through its self-esteem classes, WWC offers women an opportunity to overcome those fears and gain more confidence.

In addition to helping people with career development, WWC provides training for those who want to start their own small business. For many who are unemployed or underemployed, a small business can be a good way to supplement their income, a process that Nardone calls "income packaging."

Other programs that the organization offers are leadership training and money management. Since WWC's mission is to help women succeed in the Maine economy, it emphasizes the need for women to develop confidence in managing their money and growing their assets through the Family Development Account program. This matched savings account gives women the opportunity to save for a down payment on a home, for education, or to start a small business.

For more information on the programs offered in your area and the spring schedules of classes, visit WWC's website, www.womenworkandcommunity.org, or call the statewide office at 1-800-442-2092.

Solutions for Maine job market are in the works

by Tom Keene

Jobs and people are leaving the state of Maine. No one denies that a grave problem exists in Maine and few agree on the solution. But progress is being made, solutions are being found, the future is, if not bright, at least hopeful.

One thing all agree on is that young people are leaving Maine because they believe that a living can't be made here. Much of the problem stems from the changing business environment in the state. Where Maine once was a farming and fishing state with a great deal of manufacturing, today those core businesses have diminished almost to the point of disappearing.

For much of the past decade, Maine's government, the education community and the state's businesses have worked together to create ways to stem the flow of young people and good jobs to other states and nations.

Maine is not alone in experiencing this dilemma. According to a legislative task force study, most states are losing young people, even when good jobs are available and the economy is good. A factor in Maine's continuing frustration in battling "out-migration" is the lack of coordination between the education system and the business sector.

One state that is working to coordinate schools and jobs is Pennsylvania. Called the Stay Invent the Future Initiative, the state-funded program is made up of five parts, each with a different focus. One brings students and employers together; another promotes the state as a desirable place to live and work. A third element advocates for Pennsylvania's colleges and universities. Another focus of Stay Invent the Future is on determining how various state activities can work to keep young people in the state, and the final piece of the program

provides seed money for projects aimed at both keeping youth in Pennsylvania and attracting other young people to come to the state.

One of the most comprehensive examinations of the so-called "brain drain" is *Maine's College Graduates: Where They Go and Why*, written jointly by the Finance Authority of Maine (FAME) and USM's Center for Education Policy and published in February, 2003.

The report, based on 700 surveys, found that "approximately three out of every four of Maine's best and brightest" college graduates "ultimately" decided to live and work outside of Maine. Although many of the 1998 college graduates surveyed left Maine to attend college returned to finish their education or to work, the bottom line is that too little is known about why young people leave, and why they choose to learn, live and work away from their home state.

The FAME/USM study suggested that colleges and universities provide "more targeted marketing strategies, raise the level of grant financial assistance, create... an affordable community college system, and foster greater employment opportunities."

When Governor John Baldacci delivered his inaugural address in January, 2002, he called the exodus of Maine's young people as a major concern and has said that he is committed to finding ways to keep them here, rather than leave to find a good job.

But all the studies and surveys and suggestions won't keep people from leaving Maine unless something is done to revitalize the state's economy. According to a report by State Economist Laurie G. LaChance, "the primary factors" that drove Maine's economy in the '80s—increased consumer spending, defense spending and the real estate boom—"van-

ished in 1990, causing the largest job losses in Maine's history."

LaChance reported that "while the challenges are formidable, they are 'not insurmountable.'" Her report said that the state government, "following the lead of the business sector, is trimming costs and putting its financial house in order."

This is certainly good news for job seekers, and for those in business and government who are striving to keep young Mainers from leaving in search of better jobs. Several groups are working toward that end, and one—the Presiding Officers Advisory Task Force—recently submitted its report containing a number of recommendations to the Maine Legislature.

Their first suggestion is the creation of a "SWAT" team to coordinate education and economic policies aimed at both keeping and attracting young people. The task force also recommended a loan repayment assistance plan, an internship program and a plan to prepare all high school students for high education.

According to Deirdre Mageean, Dean of the University of Maine graduate school, Maine lost 50,000 people between ages 18 and 31 from 1980 to 2000. Mageean said that when young people leave, Maine loses that person—and any children they might have had. At this rate, she said that the death rate would be higher than the birth rate in 20 years.

The bottom line in this growing problem is that unless the trend is reversed, Maine—the fourth-oldest state—could find itself becoming the oldest state in the nation. This creates a number of problems, the largest being the fact that there are fewer people working to support the retired population.

But there is hope, for as State Economist Laurie G. LaChance said so succinctly, "while the challenges are formidable, they are not insurmountable."

OPINION

Good Times

by Pete Tyler

"Keepin' your head above water, Makin' a wave when you can, Temporary lay-offs, Good Times ... Ain't we lucky we got 'em, Good Times."

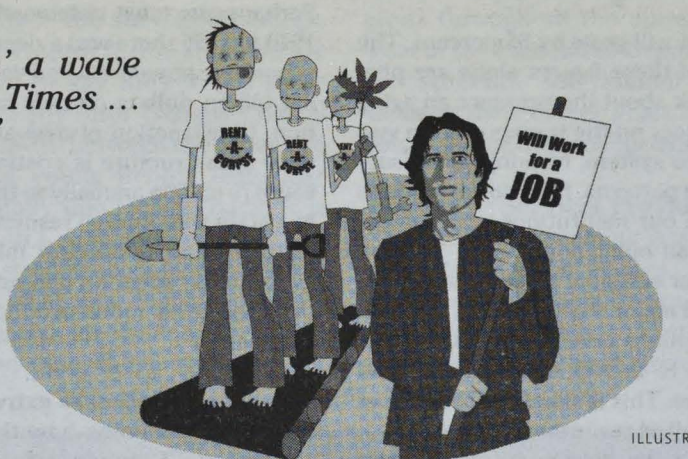


ILLUSTRATION CLAIRE BARRY

This ain't Chicago in the Seventies, but for some people it isn't much better. It seems like every time you turn on the news, you hear of more layoffs, or plant closings. According to my television and the signs in my neighbor's yard, the answer is gambling. I think that's already happening in Augusta, and we are all the losers. Someone there is throwing snake eyes, and we're all going home broke. Without the free drinks promised in the commercial.

If you're out of work, you probably have plenty of time to watch the news on TV, which it turns out is not good. According to most local news, this state is losing jobs faster than the ripcord on their executive's golden parachute... faster than the ink dries on a pink slip... faster than you can say accounting fraud.... It seems that every manufacturer in Maine is going out of business. If they're lucky enough to stay afloat, more often than not, they're jettisoning resource bal-

last. That means you, bub. Since the focus of numerous referendums were casinos and their red headed step-brother racinos, no one thought it might be a good idea to have a backup plan. I also found out that the meaning of referendum could be broken down into its Latin roots. "Refer" meaning to refer your idea to someone, "en" meaning and then, and "dum" is what they call it. But time and again the people spoke and said no to gambling in Maine. Then drove quickly to their local Cumberbund Farms, to purchase ten pounds of lottery tickets.

The only upside to the referendum blitz, is many people found work as sign makers and placers. There was also a noted upswing in the hiring of actors to portray gambling children. I've even seen a grizzled homeless veteran holding up a sign that read: Vietnam veteran will work for job! I was going to tell him about sign making jobs, but the light changed. I also felt guilty as I was scratching lottery tickets in my fancy '93 Escort wagon.

After thinking about this unfortunate fellow, I decided to check on our other options. I looked up the governor's website and checked out his economic vision. It states, "To achieve this vision, I believe we must build a strong foundation for our economic future." What? What the heck does that mean? Do we really think, instead of building a strong foundation, he's going to build a weak economy on a foundation of whoopee pies? Can anyone in government speak like a normal human being?

One of the Governor's four cornerstones of achieving his economic vision is that he wants us "investing in human capital." What is human capital? Is it like slavery? Who is he buying? Is he investing in robots? Maybe he's going to try manufacturing zombies from those shiftless corpses that take up valuable real estate. Can anyone buy them? I sure could use a reconditioned zombie to shovel my driveway, and maybe start my car in the

dren. I've even seen a grizzled homeless veteran holding up a sign that read: Vietnam veteran will work for job! I was going to tell him about sign making jobs, but the light changed. I also felt guilty as I was scratching lottery tickets in my fancy '93 Escort wagon.

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morning. Maybe he's going to open a Soylent Green factory up in Washington or Aroostook County. That'll solve the unemployment situation twofold.

In a news story in the *Maine Sunday Telegram* it said that Norm Johnson of Presque Isle launched an effort to stem the flood of young people from moving out of "the county." What's his brilliant idea, you ask? It's to build a better and wider highway to the rest of Maine. Now, correct me if I'm wrong, but doesn't that give them a faster and less congested way to get the heck out of town? If he wants to stem the tide, he should build a checkpoint filled with angry elderly residents who need young people to take out the trash and mow the lawns. Anyone without at least one fractured hip may not leave unless they produce a child as a replacement!

I emailed the Governor to see if he'd send me his ideas for this article but so far no response. To be fair, I only gave him notice on a Friday night for a Sunday deadline. So instead, I will read between the lines of his economic vision and tell you what I think he's working on.

First, we have a cover charge at the borders for cars not having a Maine license plate.

Not a piddling fifty-cent toll either. We charge fifty dollars a car! That includes a beautiful view of our lovely state with no limit on looking. Patrons can also take as much free snow as they can carry, and may return as many times as they want for said snow, as long as they get their hand stamped. But, if you want to smoke you must stand outside in New Hampshire, since Maine is a no smoking state.

Second, we build large buildings with hotels adjacent to them where people can scratch lottery tickets. It will be filled with bright neon lights featuring magic acts, dancing girls and guys, and be theme-based. There would be tables with a host, from whom you could purchase your lottery and scratch-off tickets. If you win, you simply turn in your ticket to the host and redeem your official state-sponsored game of chance winnings. While waiting, a hostess will bring you free drinks, to enrich your entertainment experience.

Third, make Phish the house band of Maine. Apparently there is no shortage of fans who will make the trek to the old Loring Air Base. Poland Spring would sell plenty of water to concertgoers, while our state clothing manufacturers could crank out plenty of tie-dyed t-shirts. Now defunct shoe manufacturers could cash in on the Birkenstock style sandals craze that is popular with the band's followers.

Now, those are just some of the ideas that will move Maine into the 21st century. Those are not the only ideas out there. Every citizen has a duty to think of their own ideas and send them to the governor. It's your job, your non-paying job. No matter how far out they may seem. You can contact Governor Baldacci by email at: governor@maine.gov. Tell him I sent you.

Pete Tyler can be emailed at: tylerpete@juno.com. If you are a hired goon sent by the Governor, my real name is Angus King, and I live in the Winnebago parked at exit 5.

Employee Stock Ownership—A Lasting Option for Maine

By Roy Allen

All across America, communities are discovering new ideas for stabilizing their local economies. Some are very innovative and take a lot of effort. Others are simply a return to the basics, helping neighbors, planting gardens, painting buildings and teaching its citizens that whatever is going on today can be improved with a little American ingenuity.

One very old idea is worker ownership in local companies. For hundreds of years, local shopkeepers and artisans took on the task of training young people through apprentice-style skill development programs and then passed the business on to the next generation as the older person readied for retirement.

When corporations became the organizing method of choice for raising large amounts of capital, much of this changed. Shareholders replaced employees as the most important contributor of assets and many of us have been taught that the company comes first, then the shareholders, then the employees. Well, if you follow what has been happening on Wall Street over the last couple of years, this concept has not served us very well.

Why? Because, employees contribute a form of capital just as important as money. Its popular modern name is "human capital", but most of us have always known it as "labor". I recently read a book by William Greider called

The Soul of Capitalism where the author speaks about how important equity-based ownership has been in the building of America. From the Homestead Act to the Federal Home Loan Program, the government has sponsored several equity-based initiatives that have lifted millions of people up the social ladder.

In 1956, Louis Kelso invented a radical concept called an Employee Stock Ownership Plan, or ESOP, which allowed the employees of a small newspaper in Palo Alto, California to buy the company they worked for. It was a big hit then and it has been ever since. In fact, the federal government likes it so much that they even give banks and company owners' financial consideration when they use this technique.

However, ESOPs cannot simply be a financial trick. They must be woven into the fabric of a community to succeed complete with training for new people and retirement options for older workers. And, they must actively engage the community so that they last for multiple generations.

In 1977 Congress enacted the Community Reinvestment Act mandating that federally insured banks must reinvest a portion of the deposits taken from a community back into that same community. While these funds have been mostly used to finance mortgages, aggressive communities are beginning to harness those funds to secure even more funding for ideas like equity ownership concepts like ESOPs and Worker Co-operatives.

The Endeavor Community Development Corporation, a Maine-based non-profit, is launching an ESOP portfolio whereby local businesses can participate in a group of companies and lo

cal individuals can put some of their money into Maine Street. If you are interested in hearing more about this exciting option for Maine, contact Roy Allen at mainepub@hotmail.com.

ESOP Association Praises Rep. Ballenger's (R-NC) Introduction of Employee Ownership for the 21st Century Act (HR 1778)

WASHINGTON, DC (APRIL 16, 2003) - The ESOP Association today praised Rep. Cass Ballenger (R-NC) for his proposed Employee Ownership for the 21st Century Act, which calls for the formation of a Presidential Commission on Employee Ownership. The ESOP Association is the only national, non-profit association representing companies with employee stock ownership plans (ESOPs).

Congressman Ballenger, who has long been an instrumental supporter of pro-ESOP legislation, teamed with Congressman Dana Rohrabacher (R-CA) to recommend Congress establish a Presidential Commission on Employee Ownership. Most important, in a groundbreaking mandate, the bill requires that the Commission be primarily comprised of private-sector employees including: representatives from employee-owned companies (half management/half non-management), as well as representatives from non-profits and academia dedicated to and knowledgeable about employee ownership issues. Government agency representation would be limited to one-seat-each among the Department of Labor, Department of Treasury and Office of Management and Budget.

Joining Congressmen Ballenger and Rohrabacher in introducing HR 1778 were Congresswomen Nancy Johnson (R-CT) and Congressman Rob Portman (R-OH).

"This proposed Presidential Commission on Employee Ownership was referred to the House Com-

mittee on Education and the Workforce, on which Congressman Ballenger serves as the second ranking member," noted Association President J. Michael Keeling. "His original co-sponsors are also senior members of Congress, recognized as forward-thinking experts on issues involving the nature of the 21st century workforce, and the necessity for retirement savings."

"A Presidential Commission on Employee Ownership, as envisioned in HR 1778, has tremendous potential to foster a battleground for employee ownership advocates to expand broad-based employee stock ownership in the 21st century," proclaimed ESOP Association Chair Joseph Cabral, Chatsworth Products, Inc., Westlake Village, CA. "Passage of Rep. Ballenger's bill could indicate the first step toward truly creating a nation of owners."

In addition to a Presidential Commission, HR 1778 also calls for a General Accounting Office study of the regulatory and policy positions of federal agencies that often hinder the creation of more ESOPs.

Founded in 1978, The ESOP Association is a national trade association that represents more than 2400 ESOP companies and their approximately 750,000 employee owners who believe that employee ownership will improve American competitiveness, increase productivity and strengthen our free enterprise economy.

least, the sprawling pattern of development has caused costs to spiral at the state level. Perhaps the most noteworthy is this: from 1970 to 1995 there was a decrease in Maine's school age population and yet the State spent 3/4 billion dollars on new school construction. Construction of new and often redundant infrastructure is costing an estimated \$50-\$75 million annually to the General Fund. In a state with limited resources, we can't afford to build redundant infrastructure, as every dollar spent on redundancy is a dollar diverted from more productive use or investment.

Maine's population is extremely homogeneous. In examining how the make-up and growth of our population shapes economic growth, another important issue is Maine's homogeneity. In the year 2000, 96.5 percent of Maine's population was Caucasian making Maine the #1 most homogeneous state in the nation. By comparison, only 69 percent of the U.S. population are non-Hispanic whites. Research shows that the most dynamic communities are those in which there is diversity among the people. Because Maine lacks the diversity of race, heritage, ethnicity, metropolitan and huge corporate experience, we are missing the opportunity to build on the unique strengths and perspectives that immigrants and people from other parts of the U.S. offer. The challenge this creates is that we must dig even deeper to be innovative.

Maine, like the US as a whole, has experienced dramatic changes in the composition of its job base. Whereas in 1950 one out of every two jobs both nationally and locally were in manufacturing, the ratio is closer to one in nine jobs today. While it is true that employment in manufacturing has been in long-term decline, it is not an accurate statement to suggest that manufacturing is "dying" or somehow of less importance to our economy. In fact, highlights, the wealth generated in our industrial sector has continued

to grow in spite of the structural shifts in employment, and the overall contribution of manufacturing to total Gross State Product has remained in the 17-19 percent range. This means that today's manufacturing sector is more productive than the sector of two decades ago, which is good news for Maine. The good news is that Maine has been making real productivity gains over the past 30 years. Our gains, however, have not quite kept pace with national growth in the past decade. University of Maine's Dr. James Breece found our output per worker remains at roughly 80 percent of the national average.

The globalization of the marketplace has dramatically changed the structure of the Maine economy, providing growth in entirely new industries and hastening the decline in some of the state's core industries. When examining this fairly narrow view, one can see that our state is moving in the right direction, as exports have been growing, enhanced by the development of the Maine International Trade Center. But the lion's share of all Maine exports are in two industries, paper and computer chips, and exports as a percentage of total value-added remains at about 60 percent of the US average. This means that Maine has under-performed relative to the US in terms of seizing new market opportunities abroad, and there remains great opportunity for Maine to more fully participate in export markets.

While new markets for Maine products are certainly one aspect of the evolution of the global marketplace, the more important outcome of globalization is that tremendous pressure has been put on regions that have higher cost structures. Whereas relatively high-energy prices, tax burdens, and workers compensation costs may have had some influence historically on location and investment decisions, these very factors have become far more important in the current econ-

omy. Extra and excessive costs are simply not tolerated in the new world marketplace.

Maine's tax structure is not conducive to capital investment. The fact that most states either do not tax production machinery and equipment or tax it at much lower levels than does Maine puts Maine businesses, particularly manufacturing entities that tend to have much higher capital expenditures, at a distinct disadvantage.

Maine's commercial and industrial workplaces have been revolutionized as new technologies have been developed and deployed. While we frequently think of firms like National Semiconductor or Fairchild Semiconductor as being "technology-driven," many of Maine's more traditional, mature industries secure their future prosperity through technology investments as well.

Policies have been developed and government investments made to create a dynamic, robust telecommunications network to support a technology-driven economy. Our state-of-the-art telecommunication infrastructure has served us well as a whole new industry has developed and is, currently, thriving. Many of the benefits that we reap today evolved from wise investments made over the past 10-15 years.

Maine has become a national leader in the area of telecommunications laying a strong foundation for the technology-driven economy. In the area of technology, however, we must be extremely cautious not to rest on our laurels, as investment cycles are becoming more and more compressed. At both the state and the company level, technology investments are not a one-time proposition. Long-term viability requires ongoing investment to keep the infrastructure and the facilities modern and competitive. If Maine is to retain its advantage, it must continue to invest.

The future of Maine is ours to shape. Although the challenges we face seem daunting, we should recognize that every generation of Mainers before us has found the courage, strength and ingenuity to work through the difficult transitions. Now it is our turn and everyone has a role to play.

Huge forces are shaping and propelling our economy, and if Maine hopes to attain its vision of a high quality of life for all citizens, it is absolutely essential that significant and sustained investment be made in our people and our economy. Our success in devising and implementing a wise investment strategy will determine how smoothly we transition to and how fully we participate in the knowledge-based, technology-driven economy.

While true economic vibrancy is derived from productive, competitive businesses that invest in their own future, government plays a vital supporting role in creating a climate that's conducive to private investment. There is a great deal Maine's political leaders can and must do to restore, enhance, and sustain economic performance.

Excerpts taken from Maine's Investment Imperative (2000) as a background paper for "No Place to Hide," a study conducted by the Institute for a Strong Maine Economy. The study was used to outline big issues facing Maine. Reprinted with permission from Laurie LaChance.

How many Mainers actually use their college degree?

The job market in Maine is a large obstacle for college students.

by Allyson Rae Hanscom

College students in Maine find it difficult to find jobs in this state after graduation. I experienced this when I graduated from the University of Southern Maine in 1998. I sent out resumes, searched online for jobs, and even went to the career center at the University of Southern Maine. Five years later and I still can't find a job in my field. My options are to find a different field to work in, go to graduate school in the hopes of bettering my chances, or move out of the state. Like a lot of Mainers, I love the way Maine feels. It is home to me. A large percentage of young people leave the state for better opportunities.

More students in Maine go out of state for their college. When students graduate from college they are more likely to live and work near that college. Any adult with a college degree is more likely to migrate. (See chart below)

A large proportion of college students say "in order to be successful I will have to leave Maine."³ A good proportion of Maine college students expect to leave Maine after college. Half of Maine college students said they would leave Maine but plan to return later. Students from southern and central Maine are the least likely to say they would stay in the state after college. Northern and western Maine students are the most likely to say they would leave Maine permanently after college. Coastal area students are in between the other two regions. When young people leave the state they usually don't come back. It is very hard to find a job in Maine that will allow a college student to use their degree, depending on what it is. College students studying education are more likely to find a job in Maine than those studying art,

computers, government or law are. The job market in Maine is a large obstacle for college students.

Outmigration of young people has grown over the years. In the 1980's Maine lost 17,000 young people and in the 90's more than 30,000. Also the net migration of young people between the ages of 20-24 was negative in the 1990's.² Maine is becoming an older population. Maine "has more young, single and college-educated people leaving the state than entering it, according to the 2000 U.S. Census." "Maine's net migration of the young and educated is about minus-80."⁴

The Webster dictionary describes brain drain as "the departure of educated or professional people from one country, sector, or field to another usually for better pay or living conditions."¹ The phenomenon known as brain drain is happening in Maine. When college graduates leave the state permanently they take away a valuable asset to Maine.

One major solution to the job hunting process for college students is to be able to use their college as a resource. As an example, Andover College offers "one-on-one job search assistance to active students as well as alumni. The Placement Department maintains close working relationships with a wide variety of companies and organizations throughout the state. The ultimate goal of the Placement Department is to offer students and alumni the tools to achieve their career goals." This is what I found at andovercollege.com:

Placement Services Provided

- Lifetime Placement Assistance
- Job Search Strategies
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- Interviewing Techniques: Including

Mock Interviews

- Job Leads for Part-Time, Full-Time and/or Temporary Positions
- Federal Work Study Positions (available to eligible students)
- Free Job Listings and Qualified Candidates for Employers

Their website is a place where students can go to find job postings. Andover College is small college and only one of the colleges that offer these services but all colleges should be doing this. All colleges and universities of Maine should have databases with available jobs in Maine listed according to qualifying degrees. Most young people spend four years of their time, not to mention a lot of money, to attend college. There should be a support system that helps those students to find careers in the job market during and after college.

References

¹ *The Merriam-Webster Dictionary.* Merriam-Webster, Incorporated, 1997.

² Mitchell Institute. *Maine Education Data and National Comparison*, December 2002. www.mitchellinstitute.com.

³ Quint, Colleen J. and Plimpton, Lisa. *Barriers of Postsecondary Education in Maine: Making College the Obvious and Attainable Next Step for More Maine Students.* The Mitchell Institute, July 2002.

⁴ *Talmadge, Leslie. Maine: A place of opportunity?* Times Record, January 2004.

Maine's Investment Imperative

by Laurie LaChance, State Economist

Maine's economy is steeped in a rich history of natural resource-based industries and traditional manufacturing. For over a century these industries have defined who we are and how we sustain ourselves. But, as history has repeatedly shown us, there are huge forces that shape, propel, and, ultimately transform our economic underpinnings. And while change, particularly of this magnitude, is never painless, it offers opportunities to those that recognize, embrace and work to transition towards the new state.

We are in the midst of yet another transition, this time evolving from a service-based economy towards a knowledge-based economy, one based on scientific research, innovative engineering and the creation of new processes, substances and technologies.

While a number of indicators will be examined in an effort to thoroughly assess the condition of Maine's economy, there is one indicator that serves as the best overall measure, and that is income.

Maine's population is growing older. Now there are tidal waves, then there are TIDAL WAVES. This is the tsunami! The baby boomers are driving this economy as they progress through every life stage. By 2020, there will be an estimated 260,000 seniors, fully 21 percent of the population. Over the next two decades Maine's population will grow 10 percent and Maine's senior population will grow by 50 percent.

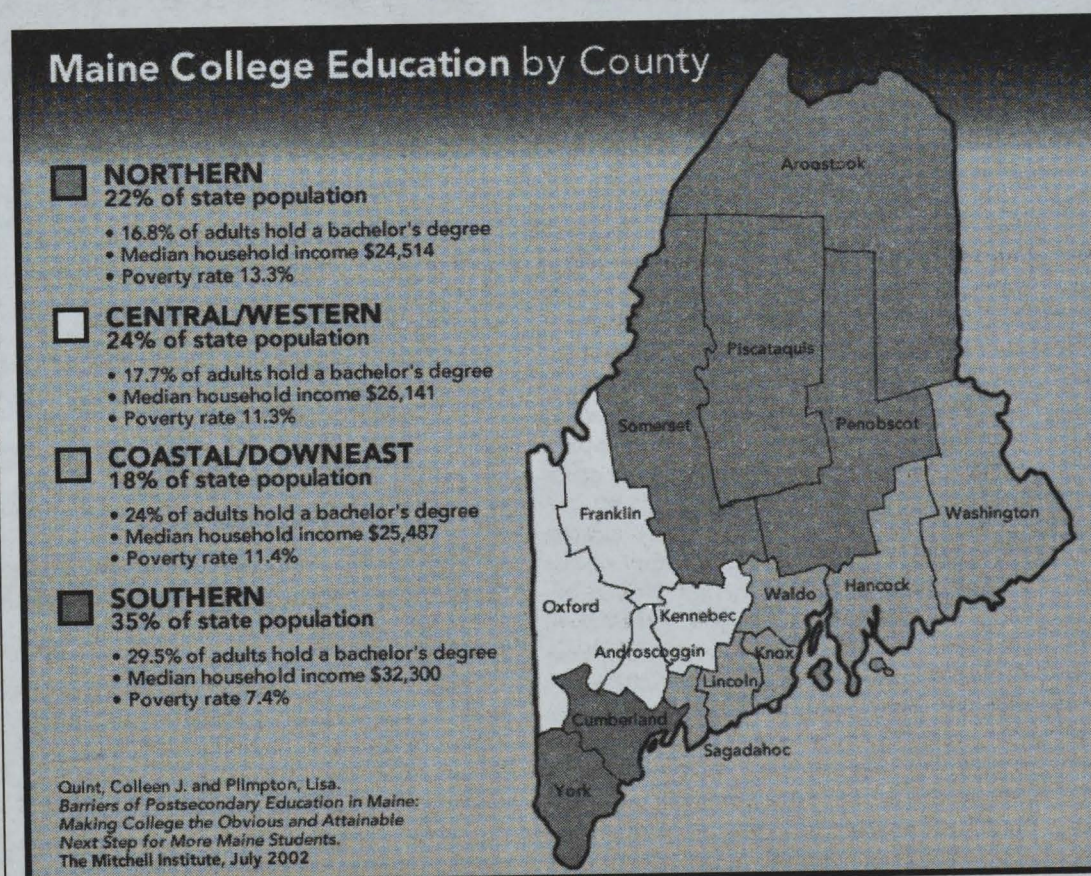
Even more striking when considering how the aging of our population will effect our economy is the projected change by cohort Maine's school age population is in decline as well as college age and young working age. The number of people ages 65-74 will double

and ages 75-84 will grow by 55 percent. The implications of these figures alone are phenomenal. Think about the pressure an aging population places on the transportation system, healthcare system, housing, labor supply and buying patterns. How do we reshape or restructure our institutions and companies to serve an older population? Further, who will pay for essential services and infrastructure? One major challenge that arises is that our institutions need to find more cost-effective ways to deliver infrastructure and critical services. This is simply imperative to stretch our limited resources.

But in challenge, there is always opportunity. Simply recognizing the issues that swirl around the aging of our population is an important first step towards preparing for these inevitable demographic shifts. Another major step is to fully understand and seize the opportunity that the retirement industry offers our state. Over 400,000 Americans choose to move in their retirement. These people tend to be of above average means, active and healthy and can, in themselves, become a source of economic strength to the communities they choose as their new hometowns.

Maine is growing in an expensive manner.

Focusing on the fiscal strain, the movement of Maine's population out of the more urban, service center communities to the small towns within relative commuting proximity has put immense pressure on all communities and the State as a whole. To meet the needs of a rapidly growing population, tax burdens of small towns have risen as the towns struggle to finance needed infrastructure and services. At the same time, our urban centers are forced to spread large, existing infrastructure costs across a declining population base, causing upward pressure on their tax burdens as well. And last but not



Helping to Alleviate Brain Drain

A Dedication to Job Creation and Sustaining Community Based Small Businesses may be help out-migrating professionals

The newly created Endeavor Community Development Corporation, a recent restructuring of the Endeavor Foundation, is dedicated to local community economic development primarily by creating, enhancing, and sustaining community-based businesses, based on the principles of Social Entrepreneurship and Socially Responsible Investing.

Recognizing the importance of community based business to the nation's economic growth and strength, the resources and energy of the Endeavor Community Development Corporation (ECDC) and its staff have been charged with improving the well being of Main Street America, especially local community service orientated "Mom and Pop" businesses and their employees.

In the State of Maine, close to 90 percent of commercial enterprises are small businesses. Nationally, 85 percent of all new jobs and 60 percent of the nation's gross domestic product originates in small business America. To date, however, the primary stakeholders in community-based businesses have been the business owners; the employees and the communities that support them rarely benefited for more than one or two generations.

Historically, secondary students are rarely informed of or educated about the opportunities and rewards of small business. Many small businesses suffer from retention problems because basic employee benefits are not properly valued; such benefits are too often regarded as an expense rather than an investment. As a result, many communities face what is nationally known as a "brain drain" as the best and brightest of the work force leave the state because they are not confident of future career opportunities.

Additionally, in the small business arena, most small business owners lack a dignified exit or ownership transfer strategy, with unexpected and unintended impact upon themselves, their families, their employees, and/or the community they serve.

To eliminating the above referenced obstacles, The Endeavor Community Development Corporation is dedicated to providing:

- Secondary school and college graduates with internships, apprenticeships, and life-long career development and management programs in local community-based service industries, including multiple year employment contracts with attractive benefit packages and advanced educational opportunities to encourage them to enter community based businesses and to stay the course
- Developing a meaningful and dignified exit strategy for successful local entrepreneurs and business owners
- Creating money saving synergies for small business owners through pooling of diverse administrative functions with economies of scale benefiting all
- Creating a portfolio of employee-owned for-profit companies, all of which will provide openings for apprenticeship and/or internships, often providing the employees with a self-perpetuating residual income component by letting them become equity owners in their businesses through an employee stock ownership program (ESOP)

The predecessor to the ECDC, the Endeavor Foundation, has tested these principals in several Maine businesses, thereby es-

tablishing a template/model that can be duplicated throughout the state:

In Portland, an accredited and US Department of Education Title 4 spa training school, utilizing the European mentor-style or apprenticeship model, is graduating highly qualified professionals who are offered five years employment contracts with full benefits in select spas and salons with company paid continuing professional education. This safe haven employment situation, not routinely provided to employees in this service industry, has produced a huge win for graduates, teachers, salon owners, and consumers by:

- Substantially reducing employee attrition
- Enlarging the number of satisfied customers in these salons
- Improving the bottom line for owners
- Attracting highly qualified teachers back into the industry

A year ago The Endeavor Foundation acquired Maine Publishing, the owner of the successful community-orientated *Casco Bay Weekly* that with this issue has become *The Maine Weekly*. The Endeavor Foundation created a five-year apprentice program for college graduates providing a strong mentor training program, continuing education opportunities, and excellent benefits. These apprentices have greatly enhanced the content, production, community support, and longevity of the *Casco Bay Weekly* to the point that *The Maine Weekly* could be launched.

Endeavor's BTG (Benefits-To-Go) Administrative Services LLC, provides small business owners the opportunity to outsource administrative and other business functions into a pool where economies of scale benefit all. Integrated BTG capabilities include employee leasing, payroll, computer, communication (telecommunications and computer), printing/publishing, and HR services, as well as legal, financial, and management consulting and expertise. Outsourcing any or all of these functions permit small business owners to focus on their core competencies, improving their production and service capabilities while providing cost avoidance and improved profits.

The owners of a well-established and highly respected community service company in Southern Maine wanted to gracefully and gradually exit their business without witnessing its demise. The company's owners recently contracted to serve as mentors to apprentices who learn the business, continue to develop and enlarge it. Their ownership will be phased out over time as the apprentices become the new owners through an Endeavor CDC sponsored for-profit ESOP.

Following the success of these models, The Endeavor Community Development Corporation, will continue to build upon the work of the Endeavor Foundation to create, enhance, and sustain community-based businesses to improve Maine's economic development. By integrating socially responsible investment practices with existing successful businesses, communities throughout Maine will now be able to offer both the small business owners and their dedicated employees a more promising future.

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Ch-ch-ch-changes...

Happy New Year everyone!

Obviously the New Year has brought change to *Face Magazine*. The new format is the most glaring of those changes. Tucked inside this ambitious new "statewide" *Face* will now have the opportunity to be seen by upwards of 100,000 people—a huge leap from our 20,000 or so readership of less than a year ago. On top of that, rather than monthly, *Face* will now provide arts and entertainment on a weekly basis, roughly quadrupling the already expanded distribution. Until we get up to speed the revamped *Face* will have fewer pages per week, but more per month than it used to. And with 52 issues rather than 12 we'll be able to feature a greater number of performers, keep our listings and calendars more current, review more of the CDs that flood into the *Face* office and finally explore arts and entertainment in their broadest definitions.

Other less obvious, behind-the-scenes changes, involve shifting roles and responsibilities here at the paper. *Face* will soon be part of the Maine Publishing group, parent company of *Casco Bay Weekly* and *The Maine Weekly*, among other publications and publishing projects. Being part of this substantially larger company will facilitate the opportunities for growth and diversity, both for the paper and personally. I welcome the chance to branch out and explore other aspects within this industry and to tackle some of the challenges that Maine Publishing has to offer.

As both a forum and as a provider of information *The Maine Weekly* brings with it enormous implications for the state. No other single, non-niche publication aspires to reach the range and readership as *The Maine Weekly*. But as with Rome we are not going to achieve all we set out to overnight. Much of what our readership tells us will shape our course. So, to that end, we encourage your feedback. Tell us what is important to you and how *The Maine Weekly* can meet your needs.

Out with the old and in with the new, is how the New Year's expression goes. But we see this as a reshaping of the old into an exciting, challenging and beneficial new. Here's to opportunity, to growth and to a positive direction for the New Year!

—Paul Woodfin
Face editor

volume 17
issue 1

FACE
magazine

people

info

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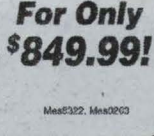
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My Karma Ran Over Your Santa

Christmas and me don't mix. It's not necessarily Christmas, it's the month of December. It's often said that we have good months and bad, and for me, my friends, that month is December. Every single year, whatever bad karma I've spread in my life comes back and pats me on the back in retribution, as I bend over and prepare to receive the proverbial coals in my stocking.

I'm 28 now; I don't get visits from Santa Claus. It's Karma Claus. No chimney for him to slide down, jolly old Saint Nick just jumps down my throat, takes over and makes sure everything goes wrong. He's really into teaching the art of multitasking, for he's taught me how to drain my bank account and alienate people at the same

ish, however you look at it.

I don't recall much wrongdoing in the year 2003, but Karma Claus obviously has. In the first week of December, I became friendly with a guardrail to the tune of nine hundred dollars. A week after that, I got a speeding ticket for a hundred and eighty dollars. What's next?

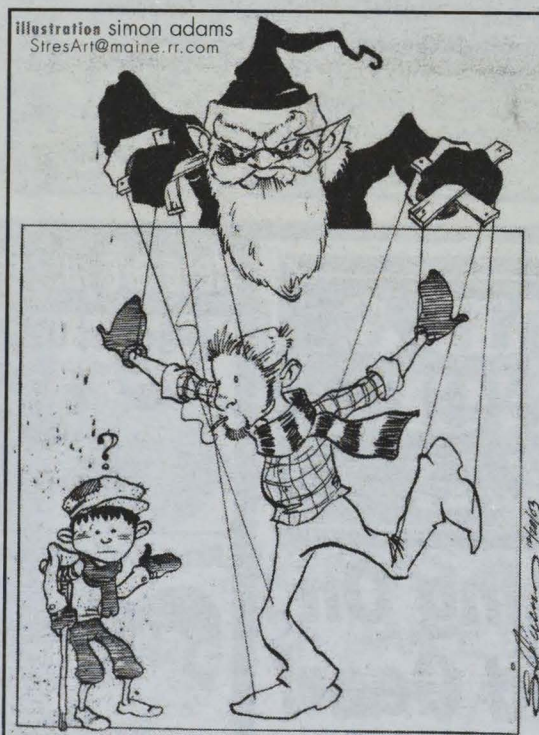
I've been overtaken by a spiritual cyborg whose sole purpose is to derail the vehicle it's driving, in more ways than one.

December is a month for me to get ahead, and I've fallen behind. All the work I've done has caused me to lose money not make it. Now that I've mastered the art of monitoring my finances, I'm able to watch all this on stupid graphs and charts. Now I can no longer estimate my losses, I watch them fall on my tobacco brown monitor like a skeet to the earth. And guess what? I haven't even started shopping yet.

It's a holly jolly Christmas when I'm being controlled by Karma Claus. I'm afraid to leave my house. I could go to the mall, but I'm afraid I'll be hit by a car, or have merchandise planted on me to be framed, or I'll just do something stupid like buying a refrigerator just for the joy of watching two workers trying to fit it in my apartment. Once inside, I'll decide it's too big and have them take it back. (Not before I pour hot water all over the sidewalk to start my favorite show, "Grunts on Ice.")

I really am a do-gooder...I don't think I have evil in me at all, maybe a little cynicism, which was a gift from good 'ol St. Dick a few years back, but I don't see what I've done to deserve this. As of this writing it's mid-December, and before gifts, I have to dump out forty percent more than I'll earn, all for stuff I didn't want. But with this gift giving, I'll have the joy of generosity. I'll feel better knowing I've made people happy with the gifts bestowed upon them. Their happiness will be my happiness, and it will be an insurance policy for a better 2004. Before this, I have something to do. I have to go find Tiny Tim and kick him square in the balls. It's going to be a good year.

Witness the karma in action at Shane Kinney's karmadey Showcase, every Sunday night at the Comedy Connection in Portland, 207-774-5554. Check out www.shanekinney.com for details.



time. Never take what I'm saying in the twelfth month of the year seriously, it's not me speaking. I've been overtaken by a spiritual cyborg whose sole purpose is to derail the vehicle it's driving, in more ways than one.

I can only be thankful it occurs all at once, because it frees up the rest of the year for enjoyment of life and the celebration of personal growth. But once the turkeys are digested and the snow starts to fly, I prepare for the worst. Two years ago, I wrote about my car losing its brakes and being stranded on Christmas day, unable to get towed. Last year, I locked myself out of my car and was stranded in sub-zero weather, not properly clothed for over an hour, and nearly froze to death. Also, I had four shows on New Years Eve, only to wake up that morning with food poisoning. This year, I'm off to a great start, or a great fin-

TARTAGLIA ON FILM

Something's Gotta Give
Rated PG-13
Running Time: 123 mins.

Writer-director Nancy Meyers (*What Women Want*) wrote *Something's Gotta Give* for both Jack Nicholson and Diane Keaton. And while Nicholson was a lock, Columbia Pictures wavered when it came to casting Keaton. Sadly, she was victimized by the lack of leading romantic roles for middle-aged women (too bad her performances in *Annie Hall*, the *Godfather* series, *Baby Boom*, and even *The First Wives Club*—to name a few—weren't enough to make her a slam-dunk). So when the studio choose to market *Something* as a Nicholson film it couldn't have surprised Meyers; though, she had to have been disappointed. The message undermined the essence of her film and, more importantly, Keaton's extraordinary lead performance.

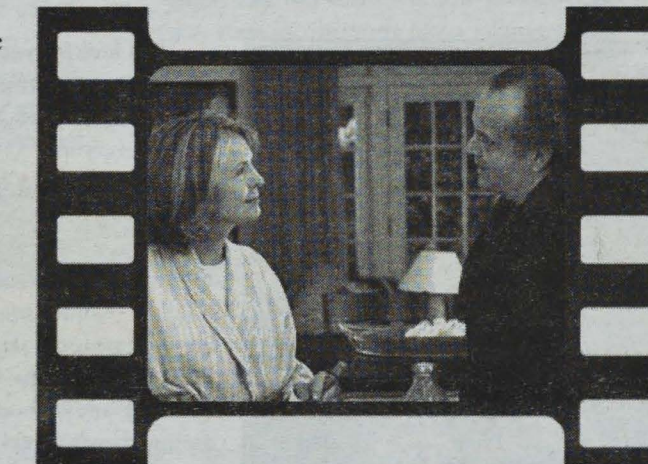
Keaton plays Erica Barry, a famous playwright divorcee whose life is interrupted when her grown daughter, Marin (Amanda Peet) arrives at the family beach house for a week-end fling with Harry Sanborn (Nicholson). Harry, a wealthy career bachelor whose penchant for younger women keeps him young-at-heart, looks like an urban version of his Midwestern Warren R. Schmidt. And like Schmidt, it takes no time for Harry to go from dapper to disheveled. Fittingly, it's Harry's heart that gives out during foreplay with Marin. Following his brief hospitalization, Harry is ordered to remain in the area until he can recuperate. With nowhere else to go, he is invited by Marin back to the house, which strands Harry with Erica, a woman who heretofore has been invisible to him.

Having nothing in common other than their age and a history of keeping busy and not looking back, the two are immediately leery of one another. The awkwardness of their situation boils over when Harry stumbles into Erica's bedroom, as she is undressing. It is the film's defining scene. Baring it all, Keaton looks as fit as her younger female co-stars and her full-frontal shot is refreshing, inspiration, and empowering when juxtaposed with Nicholson's own nude scene: a shot of his shapeless derriere, which goes on to be one of the "butts" of the film.

Gradually, the vulnerable Harry begins to develop feelings for Erica. Though she is high-strung, controlling, and lacking in self-esteem on the surface, she brims with warmth, mirth, and intelligence underneath. And it is a tribute to Meyers that when the film seems headed to predictable and maudlin territory—like the sappy *Father of the Bride* series (which Meyers co-wrote)—

she offers us a new and unique perspective on the life of single older people. It is honest and touching not to mention a wonderful surprise. In addition, when the story has an opportunity to stretch scenes it abruptly jumps ahead allowing Erica and Harry to fumble around with their emotions as they discover one another and themselves.

In an ironic twist, Erica is courted by Julian, an emergency-room doctor, who is twenty years her junior. Julian (played by a post-Neo Keanu Reeves) pushes Erica into unfamiliar romantic territory and in the process gives her an opportunity to relate to a degree—with Harry in regard to younger companions. It's a tribute to Keaton's strength and beauty that the notion of a young and handsome Julian falling for her is plausible, which is more than can be said for Reeves's performance as a doctor: he



Gradually, the vulnerable Harry begins to develop feelings for Erica.

seems better suited for daytime television. Nevertheless, there's no denying his genuine adoration for Erica (and Keaton). As for other supporting roles, Frances McDormand plays Erica's sister, Zoe, a Women's Studies professor at Columbia who immediately pegs Harry as a misogynist. Unfortunately, her screen time is limited and she is never given an opportunity to establish any relationship beyond the one she shares with her sister.

It has been twenty years since Keaton and Nicholson started together in *Reds* and it is doubtful they will wait as long to rekindle their alluring onscreen chemistry again. They seem to bring out the best in one another. In fact, Nicholson has said that Keaton has been his favorite person to work with. So, it only seems fitting that as Harry thumbs through an old photo album of Erica's we watch him fall in love with the woman we have already fallen in love with. And the good news is the next time Keaton (or any other middle-aged actress) wants to anchor a romantic comedy there will be a precedent for them to reference.

—David Tartaglia
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"Boys will be boys, and so will a lot of middle-aged men." —Kin Hubbard

"There is nothing more demoralizing than a small but adequate income." —Edmund Wilson

Paranoid Social Club

READY FOR A DIAGNOSIS?

by Lee Hebert

Paranoid Social Club is getting out of hand and that's just fine with them. If you haven't heard this tenacious power trio from Portland you may want to want to crawl out from under that rock!

In October of 2002 the band released their first record, *Axis 2* which won Best Album in The Portland *Phoenix's* annual music poll. Since its release local and not-so-local radio have put it in heavy rotation while the band tours up and down the east coast in support of the CD.

The band is made up of three former members of Rustic Overtones. Dave Gutter handles vocals, guitar and programming, Jon Roods plays bass, keyboards and vocals. Gutter and Roods have been making music together since they were kids. Gutter explains, "my parents would drive us to play at bars when we were twelve years old. We would play Beatles songs and others for all these drunk people." The lineup is rounded out by Marc Boisvert who plays both drums and percussion.

That early start may be responsible for Paranoid Social Club's intense kick in its live performances. The band went from playing with seven pieces in Rustic to only three in Social Club. The three have developed into harder players now, they want to carry it off as well or better than the larger size band. Boisvert hits one of his drums and triggers a keyboard for extra effect and Roods sometimes plays keyboards while playing his bass guitar. No pyrotechnics needed when these guys perform, their shows smoke all by themselves! They totally picked up the weight when they needed to.

Most every music fan in the Northeast knows the story of the enormously popular Rustic Overtones. Rustic had a very loyal following and garnered a lot of airplay, including being featured in some successful motion picture soundtracks and on MTV. David Bowie even joined them on their last record! While the record company did what they sometimes do best—sit on a project—the band requested out of their contract and finally was granted their wish.

Doing what they enjoyed most the band returned to the studio to begin recording a new record. Many in the band had found new avenues to get their music heard and Gutter, Roods and Boisvert seemed to be the only ones with time to record. Everyone else was enjoying new pursuits and all agreed that maybe they needed a change. Gutter says "everyone started finding new things." I asked if he genuflected and jumped into this new idea. He said it was "a short jump." The three had laid down some basic tracks for a new album but it seemed that Rustic had dissolved without any of them noticing until it had already happened. "[*Axis 2*] actually started out as a Rustic Overtones record," Dave explains.

Axis 2 is a clinical term for paranoia. Each of the twelve songs on the new CD contains subject matter that plays on the album's title. "Save Me," "Ricochet," "Headphones" and "Bully" fill the prescription. "Theme Song" is a clever piece about a place called The Paranoid Social Club where "maybe you didn't make the cut, didn't make the grade, maybe you're

just afraid...open up and discuss the pain, get it off your chest, I know sometimes you feel like there's nothing left but you're not alone." Gutter's lyrics are non-typical. He says "I started writing songs at ten years old. The poetry stuff got really old. When I write I try to paint a picture. One of my favorite lyricists is the rapper Nas." Much of Gutter's phrasing is short, staccato jabs that hit hard. The band's music comes in like a tag-team and if you don't hold onto the ropes they'll knock you out!

"Wasted" is a song about, you guessed it, getting wasted. "There is this club in Hilton Head, South Carolina that we played a few shows and they are very loyal fans. They have *Axis 2* and play it regularly. When the D.J. plays 'Wasted' everyone goes to the bar and does shots. It's an electrifying atmosphere. Well, these guys who produce films just happened to be in there and thought it was really wild and want to do a video of it. On January 16th we will be at Riders Lounge in Hilton Head to film the video to 'Wasted.'"

longer then we'll play some Rustic Overtones stuff. I figure we need a lot more of our own songs so we are working on a new album. We are recording a little bit of everywhere: Portland, Boston, New York."

The CD will be a double album consisting of twelve or thirteen songs on each disc. The CD will actually be two very different works in one package. The back of the CD will really be the front of the second disc. Flip it over and the front cover for disc one will be staring at you. The CDs will be called *Axis 3* and *Axis 1*. *3* will deal with hypertension and *1* will be based on depression. It's a great concept and I'm anxious to see how this one comes out, but with such an ambitious premise and a late spring of '04 release I ask if Gutter and crew are intentionally making it tough for themselves?

"The CD will be an intentional curveball. The [two CDs] will be drastically different from each other. I am trying to depict the same message musically and lyrically. It will be more stripped down."

"I'd love for you to hear some of the new songs. I want everyone to hear them, I want it to get out of hand. Out of hand like we can't play enough shows to satisfy everyone. Out of hand that we can't make enough records to keep up with the demand. I just want it to get out of hand."

Before we end our conversation I wish him luck for the next night's show in Vermont. He says goodbye but first reminds me to "check out Django." I remember, "oh yeah the jazz guy with two fingers." He adds, "Best Of... is a sure thing."

If Paranoid Social Club continues on this trip they are on there's a very good chance we'll see things get out of hand. Way out of hand!



Dave Gutter

photos Jennifer Kearns

I found it interesting that over a year has passed since its release and *Axis 2* is still doing so well. So well in fact that the band ran out CDs, more copies were being pressed as we spoke. The album continues to sell at a good speed. I asked if any major labels had shown any interest "We haven't aggressively shopped for a major label to pick us up. I would rather have fun and do what we want. And say what we want. We want to build a bigger fan base and have an audience for our music. I would prefer the record company need us more than we need them."

I asked about influences. "My influences are everyone. Everyone. The Beatles, Hendrix, The Clash, everyone." I wondered what was on his CD player. "Django Reinhardt. He is a guy from Paris, a jazz guitarist. He had a fire at his home and he saved his family from it, but he got burned badly and only has two fingers on his left hand. You oughta hear him. I listen to everything. I have had problems in my relationships because I have to buy new CDs every week. I'll sell things to buy new music, I buy at least four or five a week. I try to look at it as research."

"I love playing live. We play out of state more than in, we play our asses off. We play in New York the most. Usually we play about an hour and a half, and if they want us to play



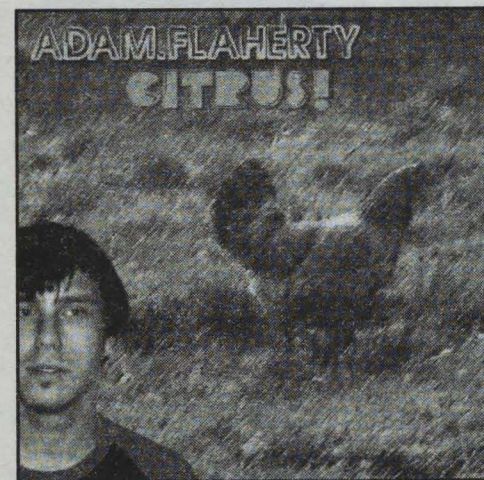
Jon Roods

"For three days after death hair and fingernails continue to grow but phone calls taper off." —Johnny Carson

TheHaynesFiles

Reviews by Matt Haynes

NAME: Adam Flaherty
ALBUM: *Citrus*



SOUND: If Beck and Jerry Seinfeld got together and had a kid...

CARDS ON THE TABLE: I have just about as many criticisms of Flaherty's work as I do any other artist I've reviewed. Still, my appraisal goes up 3 notches because...well, Flaherty is pretty friggin' fun. Listening to his albums is like pawing through an old treasure-junk-box filled with

wacky sound FX and samples (gelatinous-monster sludge is accompanied by Mozart on "Melon"), eccentric interludes (self-help guidance before "The Female Brain" and a news announcement about killer bread before "Sleep Forever") and relics from the pop-culture/materialist wasteland (household junk foods take center stage in "400 lbs." and the protagonist of "First L" salivates over going to California to "sit on that Hollywood sign"). So even the stuff I don't like as much is marinated in a rosy aura of entertaining playfulness.

MY TAKE: Flaherty's songs always have a bit of the rough and the smooth to my ears. When he strikes just that balance, the songs sound like classics. When things go too far into one of the extremities, the songs feel half-baked (unfinished, not stoned, you knuckleheads).

Here's where I think things get too rough: "Orange Blues" has a great audio-palate: Shiny, glammy drums, propane-torch guitar and way-distorted, low-mixed vocals that yowl incoherently like a talking action figure getting ground into the floor. Trouble is, that's all I got for the entire song's duration; no breaths of fresh air. The album's

small-scale production, for the most part, gives it a friendly hands-on charm but "First L" and "The Female Brain" feel blunted by the fizzy static that accompanies their rises in vocal or instrumental volume.

On the other hand, things get too smooth for me on "400 lbs" and "Sleep Forever." I love the quirky, pretty verses that open these songs but with the choruses, I find myself begging "400 lbs" to flood me with more sound, and "Sleep Forever" to change color and swing harder on its dynamic shift. These two songs stay too safe for me. However, "Walkaway," "Algebra (XYU)" and "Prove Yourself" ride that balance of smooth accessibility and rough surprises and they're my favorite tracks on the album. The sunny harmonica melody on "Walkaway" and "Sweet Jane" are made all the more moving when contrasted with Flaherty's croaky flat-pitched vocals. The lyrics are bitter ("Go, just walk away from me/don't pray for me today") but also have enough perverse sweetness to give the song a real sting ("go, there'll be a better day for me/ hurray for me and you").

"Algebra (XYU)" is warm, steady-building and besides being clever ("If X is I, and Y is hate, then XYU") it also reveals the sorts of

mantras our egos cook up when we're hurt: "Well I'm the good-guy this time, and I think anyone would agree." Also, piercing its way into "Algebra" is some terrific screaming-radio guitar that's weird but also dramatic.

Originally a later song on a previously released demo, "Prove Yourself" has wisely been moved to #1 and it does a fine job showcasing the album's pleasures. Through a snowy layer of noise we get a bulbous bounce of cheery notes, which alternately descend upon and clear away from the spare Flaherty vocal (aptly singing: "Sometimes I feel like my head is gonna @#\$ing explode.") Then further on, all the colors change to purple and blue with bright rubbery splats of synthesizer bumping in while multiple voices ride over with Beach Boys-esque Ba-ba-bas. Delicious.

I'm delighted to have copies of both *Citrus* and Flaherty's previous release, *Sleep Forever*. I can't say that I love everything on them but I love enough on each to have been genuinely giddy about popping that dusty blank cassette into my machine this Christmas and taping together a snug, audio-stocking full of Flaherty-brand musical presents.

Thrills&SpillswithWill

Reviews by Will Reisman

Stereosoul Stereosoul

Ever since Jack White and the Strokes emerged into prominence, stripped down, garage rock blues have begun to dominate the new sounds being produced by the up-and-coming bands. Rough, gritty, instrumentally driven tones urged on the music, placing the importance more on the feed-back pounding dissidence than on the vocals.

However, someone forgot to send that memo to Stereosoul. Combining crisp guitar, melodious vocals and lush harmonies, the group's self-titled album is a testament to cleanliness. Every song on the album stays its course beautifully, balancing between honest ballads and thoughtful pop-rock gems, perhaps suggesting to those dirty garage boys that they might want to wash their hands.

Not as whiny and bloated as emo, and more visceral and intelligent than radio rock groups, Stereosoul imitates Fountains of Wayne, in their combination of melodic rigor,

impassioned vocals, and humorous insights. The result is a collection of songs that is every bit as meaningful and heartfelt as any music out there.

Although majestic, flowing melodies are the basis of the record, the music varies throughout the progression of the tracks. "Subway Rider," a synth pop masterpiece, sounds like the Cars doing Byrds tunes, while the smooth rhythm of "Mary Stuyvesant," is pure R&B.

"Baby Blue," sounds like Lou Reed meets David Bowie meets David Byrne, as vocalists Gene Pompilio and Joon

Quinn melt their voices together to create a sweet, yearning lyric quality, sounding earnest but not desperate. "Victims of Capitalism" turns the musical intensity up a notch, as Stereosoul sing about their "proletarian blues"—not exactly material you hear Chris Carraba bitching and moaning about.

The band can even pop out ballads without sounding like wannabe "Every Rose has a Thorn"-type crap. When you year lyrics that implore, "I would die for your love," and you don't feel completely disgusted, then you know that the band is a keeper.

Stereosoul will not blow you away with powerful, chunky guitar chords and destructive drumbeats. But they will produce some succinct, perfectly arranged pop beats that are almost too good to be true. Not as depressing as the wimps, and not as brutal as the punks, Stereosoul is the perfect combination of good attitudes and well-played music.

Take Me Home Zox

Remember that horrible instrument your mother used to make you play in the fourth grade? It sounded funny, definitely wasn't cool, and everyone absolutely abhorred it when you tried practicing it—remember the violin?

Well, listen to Zox's latest album, *Take Me Home*, and you will be pissed off you ever gave the thing up. Spencer Swain plays the instrument with so much gusto and rock heaviness that it almost sounds like you could pick up chicks with it.

Take Me Home is not just a one-man show either, as Zox infuses the perfect compliment of reggae, jazz, pop, rock (and like every standard group, rollicking violin) to make it the perfect listen, a textbook for college indie rock. The tunes are catchy enough to listen to, but layered and insightful, making the blend between substance and style utterly complete.

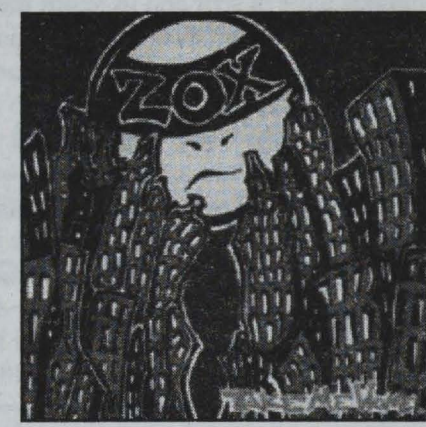
"Butterfly," and "Ghostown," are quintessential rock tunes, featuring standard riffs spewed Swain's demonic violin.

Eli Miller's voice flows evenly with the songs, becoming rough and coarse when necessary, and melodic and harmonious when the time calls. Eli Battalion's wicked bass lines would be all the more sensational were it not for Miller and Swain's violin and guitar interplay.

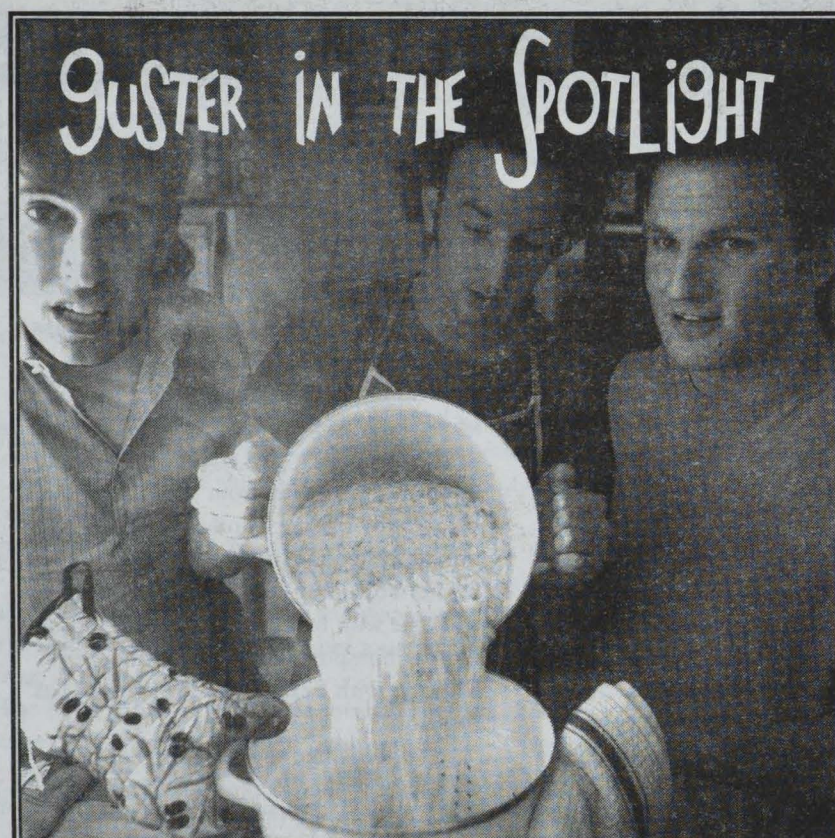
Songs like "The Squid," "Rain on Me" and especially "Goodbye to You" are great, creepy tracks that make you wonder what planet this music is coming from. When Swain and Miller (who does show off some superb guitar licks on "Goodbye to You") combine their instruments, the music creeps up your back, raising the hairs on your neck to the point of painful curiosity. "Ode to the Mountain Pirates" is another classic cut, but unlike the aforementioned tracks, this one is great because of Battalion's meaty bass hooks that leave your head throbbing.

There is a brief lull in the music intensity toward the end of the record, with songs like "Homebody" and "Delicious" sounding too much like Blues Traveller to be considered that good. But the band bounces back quickly with the strongest part of the album, featuring great instrumental tracks, "Cinco Ojos" (an affecting, lush acoustic guitar-driven dirty), and the masterpiece (literally) of the album, Pachelbel's "Canon." Zox's take on the song transforms it into some weird, mutant hybrid of a tune, combining forces of nature that should never blend.

The message is clear: Kids, don't give up on your violin just yet—who knows, you might just play it long enough to produce some killer rock 'n' roll. That should teach your mom for making you take those lessons.



"Idealism is what precedes experience; cynicism is what follows." —David T. Wolf



Guster
State Theatre, Portland
December 20, 2003

I walked into the state theater feeling a new sense of excitement. I've attended many shows here before but never did the State Theatre glow as much as it did that night. The energy in the room seemed to gain its charge from each person as they excitedly filled the theatre one by one. Although the crowd didn't appear to have much in common—some had spikes in their chin while others were 45 or even 10 years old—everyone had the same thing on their minds: Guster.

Guster, a trio that originated in Boston, made up of Adam Gardner (vocals), Brian Rosenworcel (drums) and Ryan Miller (vocal/guitar) have grown to create their own unique sense of style and in return their own following. The music they produce is so refreshingly open and unlike anything else out there today that it attracts an indefinite audience range. What makes them so distinct from any other band I have seen these past few years is their approach to the music. Brian Rosenworcel, the heartbeat and drummer of the band, plays almost all the music without any drum sticks at all, using only his hands. The sound this technique produces is energetic and strongly addicting. Few drummers can pull it off like he does. With the combination of this unique drum style and Miller's unmistakable voice, it's no surprise that it was a sold-out show.

Guster has toured all over. They even recently headlined at the famous Radio City Music Hall this past year. Yet, they have been no strangers to the Portland area. They've actually made themselves right at home here in our coastal city in Maine. A few years ago, I saw them open for Barenaked Ladies at the Cumberland County Civic Center. (I even remember one of the "ladies" teasing Brian about his "fluffy" hair.) Over this past summer Guster also did a patio show with WCYY. The free show is rumored to have attracted about 10,000 Guster fans. With an outcome like that, it only makes sense that they would return for the annually anticipated CYY Holiday Bizarre. What wasn't expected, however, was that they would choose Portland Maine to film their very first DVD.

Perhaps this was part of the cause for all the electricity in the air. On top of the normal excitement of a show at the State Theatre, there was the added commotion of the production crew. Lights, cameras, photographers, lighting specialists and sound

crews were covering every inch of the theatre. Guster spared no expense when it came to capturing one of their best performances yet. The audience was very aware of how lucky they were to attend the "soon to be famous" Guster event. It seemed as if each person had hopes that they would burn up their 15 minutes of fame by getting themselves immortalized in the Guster DVD. Some even waited in line for 11 hours to ensure that they could get a spot up front where they could be seen.

Sharing the stage with Guster that night was a Mainer himself, Howie Day. With his recent second album release called *Stop the World Now* and still considered a "newbie" on the road, he already seemed to have a good grip on what live music is supposed to be about. When he first walked on stage the crowd seemed a little wary of him, but it wasn't long before he won their hearts...and mine. Almost immediately, he hypnotized his audience until they swayed softly to his lyrics, holding up a few lighters (and cell phones) here and there. Howie has a way of making the audience feel comfortable. The atmosphere he created felt more like a group of friends hanging out, listening to some music rather than going to a "done up" concert. Howie Day reminded me a little of our local Pete Kilpatrick which worked to his advantage since Portland strongly supports the local scene. Howie Day's style is a little on the popish side, but very creatively done. He used a great combination of acoustic/ electric guitar and piano with a few high-energy solos in the mix to heighten his performance. He ended his set with his recently released

single "Morning After." "Feel the hatred side of the song." He screamed out over the crowd and the swarm of people responded loudly. I don't think it will be long before he will return to us here in Portland after an opening night like this one.

After Howie left the stage, the crowd roared in anticipation for Guster. After a short wait, the lights finally dimmed to a soft white and blue as the sound of bagpipes filled our ears. Out marched Guster like heroes walking to their final mission. This was their second night of the Holiday Bizarre and their last chance to capture footage for their DVD. Guster was here to play for the world; they were not just playing for Portland's eyes any more.

As soon as the guys took their place on stage they broke into the familiar bongo beat of "I Spy" from their successful album *Lost and gone forever*. The stage lighting was incredible, illuminating the entire theatre and crowd, flashing bright blues and reds. The room literally seemed to glow with energy. In between songs, Miller introduced a new idea; "We may possibly play our longest set ever." And that they did. Their normal set which usually lasted 72-75 minutes or so, stretched on to be a 2 hour whirl wind. Their hit "Barrel of the Gun" ended up being one of the high points for the night. The rush that swept over the crowd was extremely intense. The entire audience thumped each beat and sang every word of the song, throwing their hands in the air to the lyric "four, three, two, one." A little over half way through the show, Brian Rosenworcel decided to come out from hiding behind his drum set and take a shot at singing for a change. He did his own squeaky rendition of "Total Eclipse of the Heart" while the rest of the guys played backup for him. Although Brian is the heart beat of Guster and an amazing drummer, well, let's just say that I understand why they hide him behind a drum set and not a microphone. Let's leave the singing to Adam and Ryan, ok Brain?

However he did redeem himself later on. For the encore the Guster boys asked the audience for complete silence. I never thought that a sold out theatre of that size could become so silent. Not a word was spoken as the crowd waited anxiously to see what they had in store. The trio counted down then softly sang beautiful, outstanding a cappella. No one can say these guys have no talent after putting on a show like that. They proved they could do it all.

As the crowd slowly cleared out, a strange sense of unity swept over me. In a weird way, I felt that everyone who had attended this show shared something unique and special that those who missed it lacked. From this day on we will always be able to look back on the 12-20-02 Holiday Bizarre and say, "I was there."

—Lindsey White

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Jan. 30th & 31st — Skip's, Buxton

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Lisa Gallant Seal
Christian Rock Singer/Songwriter

Dear friends,

The most important thing for me as a writer is that somewhere, someone hears these tunes and identifies, and it helps them. This has always been what I have wanted from my music, and now, if listening to one of these songs can bring a connection between a person and Jesus Christ, my dream has come true.

Praise the Lord and sing to him!

Lisa Gallant Seal

Check out Lisa's new album *The Journey* at:
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Street Talk

The FACE Magazine Performance Calendar

15 JANUARY THURSDAY

DAVID MALLETT/ KENNY WHITE
Ramada Inn Ballroom, Lewiston (207) 782-7228

PORTLAND STRING QUARTET

First Parish Unitarian Universalist Church, 425 Congress Street, Portland (207) 775-3356 noon, Free

16 JANUARY FRIDAY

SARA COX
Space Gallery, 538 Congress St., Portland (207) 828-5600 8:30pm, \$5, 18+

LATE BLOOMERS

Side Door Coffeehouse, Brunswick (207) 373-1526

17 JANUARY SATURDAY

ROY HARGROVE AND HIS BAND/ ROBERTA GAMBARINI
Bates College Chapel, College Street, Lewiston (207) 786-6135

Maine Jazz Alliance Annual Meeting and Concert with the **MARQUESAN JAZZ EXPERIENCE** and the **USM SEXTET**
Meeting 2pm, Concert 2:30pm The Morell Meeting Room, Carris Memorial Library, Pleasant St., Brunswick (207)373-0306 Free

UMA JAZZ ON TOUR with STEVE GROVER
Starbird Recital Hall, 525 Forest Ave., Portland 8pm (207) 828-1310

BRAD TERRY and MARK KLEINHAUT
Cybercoffeehouse, 33 Lisbon Street, Lewiston (207) 344-6500 7pm \$10.00

HARLEY SMITH TRIO
Gritty McDuffs, Fore St., Portland; 9pm-12midnight (207) 772-2739

THE LAURIE JONES BAND with special guests JUD CASWELL and ALFRED LUND
Boathouse (34 Commercial Street), Belfast

\$8 for WERU members/ \$10 general public 7:30pm (207) 469-6600

RIVERBOAT RAGTIME SHOW "LEVEE REVELS" with MIKE GENTRY and JAZZOU JONES.

Unity Centre for the Performing Arts, Unity (207) 948-SHOW (7469) 7:30pm

MIDCOAST SYMPHONY

Orion Performing Arts Center, Mt. Ararat High School, Topsham (207) 371-2028 7:30pm

18 JANUARY SUNDAY

THE AARON GREEN EXPLOSION
Liberal Cup, Hallowell 5-8pm (207) 623-2739

LISSA SCHNECKENBURGER (fiddler-singer)
Bates College, Olin Arts Center Concert Hall, 75 Russell St. Lewiston 3:00pm \$8/\$5, (207) 268-4013

OBO ADDY/ SANKOFA (West African Highlight: urban dance/party music)
Given Auditorium, Bixler Art and Music Center, Colby, Waterville 7pm (207) 872-3279

19 JANUARY MONDAY

THE GAWLER FAMILY
Slates, Hallowell (207) 622-9575 \$8.00

OBO ADDY/ SANKOFA (West African drumming)
Given Auditorium, Bixler Art and Music Center, Colby, Waterville 7pm (207) 872-3279

21 JANUARY WEDNESDAY

PORT CITY JAZZ
Downeast Village Restaurant, Rte 1, Yarmouth 7-9pm (207) 846-5161

22 JANUARY THURSDAY

DAVID WELLS QUARTET
Moose Crossing Restaurant, Rte. 1, Falmouth 7:30-9:30pm (207) 781-4771

Live Music - Bottomz Up (Portland)
Open Mic w/Jeremy Lester - Bramhall Pub (Portland)
Bobby Laine - Bridgeway Restaurant (Portland)
Pneuma - Brian Boru (Portland)
Live Piano Music/Open Mic - Encore Piano Bar (Roxey)
The Grumps - Free Street Taverna (Portland)
DJ Seanne - Headliners (Portland)Stream - Brian (Portland)
12inch Zombies-Laree Love/Moshe/Nicotine w/Richard Sin - The Mercury (Portland)
Dance w/DJ Kate - Somewhere Else (Portland)
DJ Mike Said - Una (Portland)
Top 40 Remix w/DJ Silverspice - The Underground (Portland)
Jenny Woodman - Verrillos Convention Center (Portland)
Acoustic Battle of the Bands - YMCA Teen Center (Portland)
The Timeriders - Jonathan Michael's (Limerick)

17 JANUARY SATURDAY

Glenn Torrico - Acoustic Coffee (Portland)
Backlash - Midnight Blues Club (Auburn)
Dulcan Country - New Gloucester Eagles (New Gloucester)
Gala Benefit (7 Bands) - Geno's (Portland)
Laurie Jones w/Jud Caswell & Alfred Lund - The Boathouse (Belfast)
Debbie Davies - Loose Moose (Gray)
Nealley's Corner - Grace United Methodist Church (Gorham)
Crazy D - Remember When Lounge (Naples)
Syntonic - Universalist Church (Dexter)
Racer-X - Brian Boru's (Portland)
Bobby Land - Bridgeway Restaurant (Portland)
Cabaret Vocalist w/Open Mic - Encore Piano bar (Roxey)
Raisenhill - Free Street Taverna (Portland)
DJ Baby J - Headliners (Portland)
The Grumps - Marcia's Mexican Cantina (Wells)
Stream - Old Port Tavern (Portland)
Dance w/DJ Kneel - Somewhere Else (Portland)
Club Diesel w/DJ Dan - The Underground (Portland)
Dave Ames Band - Verrillos Convention Center (Portland)
The Marc Chillemi Quartet - Yosaku (Portland)
The Timeriders - Jonathan Michael's (Limerick)

18 JANUARY SUNDAY

Joshua Eden and the Difference - Flatbread Company (Portland)
Sweet Dream Recording Artists - Acoustic Coffee (Portland)
DJ Jay - Big Easy (Portland)
Irish Session Music - Brian Boru (Portland)
Club Griffin - Bull Freney's (Portland)
Jenny Woodman Acoustic Duo - David's Restaurant (Portland)
Open Mic - Free Street Taverna (Portland)
1964 Tribute - Merrill Auditorium (Portland)
Karaoke w/DJ Mick C. - Old Port Tavern (Portland)
Live Jazz Brunch - Ri Ra (Portland)
DJ Beulla - Somewhere Else (Portland)
Karaoke w/DJ Cougar - The Station (Portland)
Karaoke w/Dan - The Underground (Portland)
Annemarie Smith - Three Dollar Dewey's (Portland)

19 JANUARY MONDAY

The Doug Emery Quartet - Ale House (Portland)
Ryan McCalmon - The Big Easy (Portland)

Open Mic - Free Street Taverna (Portland)
1964 Tribute - Merrill Auditorium (Portland)
Karaoke w/DJ Mick C. - Old Port Tavern (Portland)
Live Jazz Brunch - Ri Ra (Portland)
DJ Beulla - Somewhere Else (Portland)
Karaoke w/DJ Cougar - The Station (Portland)
Karaoke w/Dan - The Underground (Portland)
Annemarie Smith - Three Dollar Dewey's (Portland)

19 JANUARY MONDAY

The Doug Emery Quartet - Ale House (Portland)
Ryan McCalmon - The Big Easy (Portland)

PLANT LIFE

by Sarne

My wife can't afford her medicines, my kid's school is totally underfunded, the brakes on our car need fixing, and I'm being forced to work overtime or I'll lose my job. Plus, they just found MTBE in the town water supply.

"That Solves Everything" @LALLO

We captured Saddam Hussein!

Great. That certainly takes care of all my problems.

Ken Grimsley & Dave Dodge - McGillicuddy's (Brunswick)
Karaoke w/DJ Mike C. - Old Port Tavern (Portland)
David Bullard - Verrillos Convention Center (Portland)
Karaoke - Sierra's (Gorham)
Karaoke w/DJ Larry - Somewhere Else (Portland)
Steve Jones & Scott Elliot - Three Dollar Dewey's (Portland)

16 JANUARY FRIDAY

Spoken Word Night - Acoustic Coffee (Portland)
Aaron Katz Band - Ale House (Portland)
Gala Benefit (8 Bands) - Geno's (Portland)
Now is Now - Parker's (Ellsworth)
The Pump - Brian Boru (Portland)
Dirty McCurdy - McGillicuddy's (Brunswick)

Hip Hop Open Mic - Free Street Taverna (Portland)
Karaoke w/DJ Sid - Old Port Tavern (Portland)
Open Mic Night - Sierra's (Gorham)
Gothic Industrial - The Underground (Portland)

20 JANUARY TUESDAY

Open Mic Night - Ale House (Portland)
Sly Chi - The Big Easy (Portland)
Karaoke w/DJ Cougar - Bottomz Up (Portland)
Al Doane Jazz Jam - Bridgeway Restaurant (Portland)
Incident at Midnight - Free Street Taverna (Portland)
The Lesson w/ Moshe/DJ Mota/Kid Ray - The Mercury (Portland)
Karaoke w/ DJ Sid - Old Port Tavern (Portland)
Pub Quiz - Ri Ra (Portland)
Karaoke w/DJ Larry - Somewhere Else (Portland)
Tom Dee - Three Dollar Dewey's (Portland)
DJ Marcus Cain - Una (Portland)

21 JANUARY WEDNESDAY

Laurie Jones w/Relish Gruv- The Big Easy (Portland)
Portland Community Singing Circle Hosted by Tom Acousti - Acoustic Coffee (Portland)
Marc Chillemi and SoPo Trio - Barbara's Kitchen (Portland)
Zoon Train - The Big Easy (Portland)
Karaoke w/DJ Cougar - Bottomz Up (Portland)
Dr. Mojo - Free Street Taverna (Portland)
Karaoke w/ DJ Mike C. - Old Port Tavern (Portland)
Mike O'Brien - Ri Ra (Portland)
Open Mic - Three Dollar Dewey's (Portland)
Dave Briggs Jazz Duo - Top of East (Portland)
Karaoke w/Larry - The Underground (Portland)

NEW HAMPSHIRE

15 JANUARY THURSDAY

The Short Brothers - Dolphin Striker (Portsmouth)

16 JANUARY FRIDAY

Fred's Bowling Ball - Barley Pub (Dover)
Jerks of Grass - Dolphin Striker (Portsmouth)

17 JANUARY SATURDAY

Amun Ra - Barley Pub (Dover)
New England Bluegrass Band - Dolphin Striker (Portsmouth)
Hokum/Sara Cox - The Press Room (Portsmouth)
Jera - Muddy River Smokehouse (Portsmouth)
Beate Juice - Music Hall (Portsmouth)

18 JANUARY SUNDAY

The John Troy Band - Dolphin Striker (Portsmouth)
Lord Bass & DJ Rocker - The Red Door (Portsmouth)
Mark Russell Live - Music Hall (Portsmouth)

20 JANUARY TUESDAY

Bluegrass Jam Session w/Dave Talmage - Barley Pub (Dover)
Aldous Collins - Dolphin Striker (Portsmouth)

21 JANUARY WEDNESDAY

Amorphous Band - Barley Pub (Dover)
Greg Gallo - Dolphin Striker (Portsmouth)

The Goings-On and The Ongoing for the week of January 15

15 JANUARY THURSDAY

"Germany and the US-A Troubled Partnership" lecture by Rolf-Dieter Schnelle, World Affairs Council International Breakfast, 7:15-9am, Portland Country Club, Falmouth, 780-5383.
"The Maine Economy: Going, Going..." 8-9am. Lecture by John Mahon. Atrium of the Student Center, Thomas College, 180 West River Road, Waterville, 873-3315.
PCOS: What's next? 6-7:30pm. Maine Health Learning Resource Center, Falmouth, 885-8570.
Winter/Spring Classes for students K-8 4pm at The Theater Project, 14 School St., Brunswick, 729-8584.
Gibtown Documentary 7:30pm. Space Gallery, 538 Congress St., Portland, 828-5600.

16 JANUARY FRIDAY

Freeport Womens Club 1pm. The Meeting Room, Freeport Public Library, 865-1593. Midcoast Symphony 7:30pm. Olin Arts Center, Bates College, Lewiston. 371-2028.
Swing Dance 9pm-midnight. Presumptuous Grange Hall, 1844 Forest Ave., Portland.

17 JANUARY SATURDAY

Art Moves Dance Project 7:30pm. OHCHS, Route 26, South Paris.
Event in honor of Dr. Martin Luther King, Jr. Day Museum of African Tribal Art, 122 Spring St., Portland. 871-7188.

18 JANUARY SUNDAY

Coastal Humane Society Rabies, Etc. Clinic 11am-4pm. Coastal Humane Society, 30 Range Rd., Brunswick. Rabies shots, microchipping, ear cleaning, nail clipping, gentle leader demos and pet photos for Valentines Day! 725-5051.
Psychic Sunday 11am-4pm. Holiday Inn West, 81 Riverside St., Portland. 286-1427.
Civil War Lecture by Paul Ledman 2pm. Portland Harbor Museum, Southern Maine Community College. 799-6337.

19 JANUARY MONDAY

"Beyond the Dream: Continuing the Untold Legacy of Rev. Dr. Martin Luther King, Jr. 3-8pm. Presented by P.O.W.E.R. Chestnut St. Church, Portland. 681-0035.
Celebration of Martin Luther King, Jr. and Civil Rights 4:30pm. Page Commons Room, Corner Union, Colby College, Waterville. 872-3104.

20 JANUARY TUESDAY

Brown Bag Lunch Series Noon-1pm. Portland Public Library, 5 Monument Square, Portland. 871-1710.
Marketing and Sales Workshop 1-4pm. Score, 100 Middle Street, 2nd Floor, East Tower, Portland. 772-1147.
"Ethiopian Skin-Ethnicity, Sex and Gender in the Bible" lecture by Pastor Rev. Karen Holmes 3pm. Pugh Center, Corner Union, Colby College, Waterville. 872-3104.
Free Movie Tuesday 7:30pm. Space Gallery, 538 Congress St., Portland. 828-5600.

ONGOING:

Amnesty International meets the second Tuesday of the Month at Casco Bay Ferry Terminal's Conference Room, Commercial Street, Portland, at 7:30pm. 874-6928.
Art of Maine Classes each Friday, study 4 Maine artists and their art form, children ages 10 and up, 12:30pm-2pm, Craft room, Warren Memorial Library, 479 Main St., Westbrook. 854-5891.
Art Night Out open bead night, Wednesday evenings, 6-9pm, 352 Cottage Road, South Portland. 799-5154.
The Brain Tumor Support Group of Maine, 7-9pm, second Tuesday of each month, Maine Medical Center's Charles A. Dana Health Education Center, room #1, 22 Bramhall St., Portland. 871-4527 or fortin@mmc.org.
Books and Babies for babies 6-24 months old and their caregivers, Tuesdays, 9:30am. Tales for toddlers 2-3 years old and their caregivers, Tuesdays, 10:30am. Read-Ahead Time for children 3-5 years old (preschoolers) and caregivers, Wednesdays, Warren Memorial Library, 479 Main Street, Westbrook. 854-5891.
Buddhism in Portland meditation and to study the Dharma, 7-9pm, every Wednesday, 774-1545.
The City of Portland's Downtown Portland Corporation meets 4pm, third Thursday of every month, 874-8683.
Co-Dependents Anonymous a 12-step fellowship of people whose common purpose is to develop healthy relationships, meets 6-7:30pm, Tuesdays, Brighton Medical Center, 3rd floor, small conference room. 878-6632.
Computer Access open to the public, 6-8pm, Wednesdays & Thursdays, Portland West, 181 Brackett St., Portland. 775-0105 x27.
Creative Resource Center, Heart People Pictures, 11am-5pm. Tuesday through Saturday every week in January and February. 113 Forest Ave., Portland. 797-9543.

Debtors Anonymous is a recovery program for people with chronic debt based on the 12 steps of Alcoholics Anonymous, meets 7pm, Tuesdays, Woodfords Congregational Church, 202 Woodfords St., Portland. 774-4357.
Divorce Support Group The Greater Portland Spiritual Separated and Divorced Support Group meets 7pm, Tuesdays, Cathedral of the Immaculate Conception Rectory, 307 Congress St., Portland. 856-6431.
Dual Recovery Anonymous (DRA) self-help recovery program for those recovering from addiction and emotional problems meets 3:15pm, Mondays, McGeehey Hall, 216 Vaughan St., 1st floor group room AND 1pm, Tuesdays, Breakfast Room at Community Resource Center, 774-HELLP.
The "Father's Heart" worship and praise ministry, hosted by Prophetic Destiny Ministries, 3-5:30pm, every third Sunday of every month, Sky-Hy conference center, 32 Sky-Hy Drive, Topsham. 725-7577.
Feminist Spiritual Community for rituals celebrating the divine feminine, ourselves, and for healing. All women are welcome to our non-hierarchical all volunteer group which uses circle process and shared leadership, meets every Monday, 7-9pm, 774-2830.
Food Addicts in Recovery is a 12-step program for individuals recovering from addictive eating. Meeting will be held at Larabee Village, 30 Liza Harmon Drive, Westbrook every Sunday from 8-9:30am, 883-8085.
Food Not Bombs! The group distributes free food to the masses, 2-4:20pm, Sundays, Monument Square, Portland. 774-2801.
Free School event where artists, craftspeople, dancers, and teachers of all kinds offer workshops to the public, 7pm, every first Monday of the month, Portland West, 181 Brackett St. Friends of IANDS(FOI) meets the second Sunday of the month. IANDS is an organization built on the near-death experience. If you have had a near-death experience or interested in learning more contact Rev. Julie Nightingale at 774.4244 or towardheligh@earthlink.net.
Gays and Lesbians Adopting, a new support group and resource exchange for LGBT foster and adoptive families in Maine, meets the third Friday of each month, 773-3023 or mainegala@hotmail.com.
Geographic Information Systems Clinic open to anyone with a GIS question, research, problem, research idea, or general interest, 9:30-11:30am, Wednesdays, and Open GIS Seminar, noon-1pm, every Wednesday, Room 302, Bailey Hall, USM Gorham, 780-5063.
Getting Started workshop providing an important overview to historic home ownership and preservation, 9am-4pm, Saturdays, Walker Memorial Library, Main St., Westbrook.

The Greater Portland Maine Geological Society meets 1pm, the first Saturday of each month, Cape Elizabeth at Thomas Memorial Library, 797-7927.
The Greater Portland Parkinson Support Group all those with Parkinson's, as well as their families and friends are welcome, 2pm, the fourth Sunday of each month, Falmouth Congregational Hall, 267 Falmouth Road, Falmouth. 797-8927 or 774-3312.
Inner Light Spiritualist Church healing Service 6pm, Main Street, Portland. 767-3642.
The League of United Latin American Citizens meets 6pm, fourth Thursday of each month, Reichle School, 166 Brackett St., Portland. 767-3642.
Look Good, Feel Better sessions for women with appearance-related side effects from cancer treatment, 1-3pm, 2nd Monday of each month & 5:30-7:30pm, 4th Monday of each month, Cancer Community Center, Route 1, South Portland. 774-2200.
The Maine Breast and Cervical Health Program provides free mammograms and pap tests to women 40-64 that are uninsured or have high deductibles on their insurance. 874-1140 x324.
Maine Writers and Publishers Alliance presents informal writers' jam sessions open to all genres, 7pm, second Thursday of each month, Mr. Paperback Cafe, Lewiston. 729-6333 or sarah@mainewriters.org.
Maine Writers and Publishers Alliance presents "drink, art & open mic" open to all genres, 7pm, second Monday of each month, Local 188, Longfellow Square, Portland. 729-6333 or www.mainewriters.org.
Man to Man Monthly discussion group meets first Thursday of the month to discuss issues pertaining to men's lives. All men over the age of 18 are welcome. At the Center for Cultural Exchange, 1 Longfellow Square, Portland, from 7-9pm. Free. 865-2048.

Men's Meditation Group 7pm, Williston West Church, 32 Thomas St., 1st Fl, Clark Room, Portland. 253-5122.
Mom to Mom Meetings held 4th Wednesday of each month. For mothers who have altered their lifestyles in order to raise their children. Dana Center, Maine Medical Center, Portland. 282-1160 or 797-6384.
Museum of African Tribal Art will host a family program aimed at home school groups and other parents interested in exploring African Culture. Program will take place the first Wednesday of the month from 10:30am-3pm. 871-7188.
MUSE discussion/network for creatives meets 4-6 pm in room #240 at 222 St. John Street. Portland. 657-5329.
NAMI CHOICES support group for family and friends of people with mental illness meets 7pm, second and fourth Monday of each month, the Dana Center, Maine Med. 775-5242.
Peer critique Artists are encouraged to bring works of art, either in progress or complete, to share with others. A "peer critique" offers encouraging and supportive comment from fellow artists, as well as suggestions for change and improvement, hosted on the second Tuesday of each month, Center for Maine Contemporary Art, 236-2875.
People's Free Space where people can connect to their community, share resources and ideas through food, information, art and events, 7pm, every 1st and 3rd Wednesday of each month, Portland West, 181 Brackett St., Portland.
Poetry Slam 8pm, second Tuesday of each month, Alchouse, Marker St., Portland. 329-9481.
Portland Fiber Gallery & Weaving Studio announces weaving, knitting, and spinning classes and other workshops. Runs through March. 780-1345.
Portland Writers' Group 7-8:30pm. Develop your writing style. Join eight week writers' group. Meets Monday nights through Dec. 22. 773-8355.
Red Wheelbarrow Books and Café Poetry Reading, second Thursday of each month, 247A Congress Street, 774-6663, Salvation Army Senior Center Drop-in center for serving people

dissecting Biblical and Worldly Concerns. 7pm, West Falmouth Baptist Church, Mountain Rd., Falmouth. 773-0871 or 797-4066.
Underground Railroad Tours Peace Action Maine member Wells Staley-Mays gives tours of Portland's Underground Railway and other sites important to African-American history. Complete tour is two hours or less. 772-7249.
Women in Black Vigil Women in Black "stand in silent vigil to protest war, rape as a tool of war, ethnic cleansing and human rights abuses all over the world. We are silent because mere words cannot express the tragedy that war and hatred bring", 12-1pm, Fridays, Temple and Spring St., and 5-6pm, Congress and High St.
Woman's Writing Group Women from all walks of life and with varying writing skills are encouraged to participate. Meets every Monday of the month, 7pm, 58 Fore St., Bldg #6, Portland. 650-8305 or 939-0117.
Yarmouth Historical Society's Maine Reading and Discussion Group will discuss Bill Caldwells, Rivers of Fortune, 7pm, Bay Square, Yarmouth. 846-6259.
Zen Meditation Center meets for meditation, readings and discussion, 6:30pm, Mondays and 7pm, Wednesdays, Wholeheart Yoga Center, 150 St. John St., Portland. 773-8480.

VOLUNTEERS

Artic Museum seeks volunteer docents The Peary-MacMillan Artic Museum on the Bowdoin Campus is seeking volunteers to give educational tours to school groups. To learn more contact Nancy Wagner at 725-3416.
Become a Beacon Hospice Volunteer and be a part of a vital team. Companion persons with life-threatening illness and their families or support those who have lost loved ones. Free volunteer training program provided. For more information contact Marian Zimmerman at 883-2347.
Become a Foster Grandparent for men and women 60 and over interested in becoming a volunteer in York or Cumberland Counties. Training to be held September 22-26, 773-0202.
The Center for Grieving Children urgently needs volunteers available weekly afternoons between 1:00pm and 5:30pm to work with Multicultural Peer Support Program for children from Portland's refugee and immigrant communities who have experienced multiple and/or traumatic losses. 49 York St., Portland. 775-5216.
Direct Service Volunteer Training Program Fall classes covering all aspects of volunteer hospice care and end-of-life issues. Training leads to certification and assignment with individuals and families facing terminal illness. Call for application and pre-training interview, Hospice of Maine, 519 Ocean Ave., Portland. 774-4417 or 800-303-9272, e-mail info@hospiceofmaine.org.
The Greater Portland YMCA is seeking volunteers for scholastic and computer tutoring, wellness activities and gym supervision for multicultural teen center located at 70 Forest Ave. 2-7pm Monday through Friday, 874-1111.



plage 60 and over in the Greater Portland area, 9am-3pm, Mon-Fri, 297 Cumberland Ave, Portland. 774-6304.
Sangha/Meditation Practice 10-11am, first and third Sunday of each month, Greenleaf Studio, Freeport. 865-0744.
Score of Portland offers free counseling on all aspects of business, marketing and personnel relations on an individual confidential basis. Score Speakers Bureau supplies programs on business subjects at no charge. 772-1147.
SisterSpace a lesbian social group - all lesbians are welcome! 5-9pm, meets the last Saturday of each month, Williston West Church, 33 Thomas St., Portland. 336-2520 or 892-3135 or sisterspace@yahoo.com.
Sitting Meditation in the Tibetan Buddhist Tradition as taught in the Tibetan Book of Living and Dying, 9-11am, every Sunday, Rigpa Maine, 169 State St., Portland. 657-2438.

60-Plus Group meets 2nd and 4th Wednesdays of the month, 12:15 pm luncheon, North Deering Congregational Church, 1364 Washington Ave, Portland.
Storytelling/Spoken Word Open Mic every 2nd Wednesday of each month, 7-9pm. 879-1886 or moosetel@maine.rr.com.
Survivors of Suicide bereavement support group for family members and close friends of one who has died by suicide, 7pm, every 2nd and 4th Monday, classroom #1, Dana Center, Maine Medical Center, 871-4226.
Tate House Museum regular tours are Tues-Sat 10am-4pm. Sun 1-4pm. Thurs 4-7pm. or www.tatehouse.org.
Tibetan Buddhist Meditation Turning Suffering and Happiness Into Enlightenment. An introduction To The Compassion Teachings Thursdays at 6:30 - 8:30 at 169 State Street Portland.
Tuesdays with Zola Prophecy 2000. The Era of racing technology, cultural changes, political challenges, and religious questions are covered with some of Humanity's best experts

over interested in becoming a volunteer in York or Cumberland Counties. Training to be held September 22-26, 773-0202.
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The Greater Portland YMCA is seeking volunteers for scholastic and computer tutoring, wellness activities and gym supervision for multicultural teen center located at 70 Forest Ave. 2-7pm Monday through Friday, 874-1111.
Kidworker volunteers needed Caring Unlimited, York County's Domestic Violence Program, is looking for women to volunteer in its Children's Program. Training begins September 13, 490-3227 ext. 127.
Office Volunteers needed if you have been out of the work force and want to brush up on your skills, this is a great opportunity. Community Health Services, 901 Washington Ave., Portland. 775-7231.
Spring Harbor Hospital a not-for-profit, 100-bed psychiatric facility, serving people of all ages with mental illness and dual disorders, is launching a new and exciting volunteer program that will help to reduce the stigma of mental illness in the community and offer valuable and rewarding experiences to interested volunteers. 761-2314 or www.springharbor.org.
Volunteer Farm Hands Needed Have you ever wanted to feed a herd of sheep? Teach children about where their food comes from? Introduce school youth to a farmyard? Tend an organic garden? Just spend time on a farm? Kelmecott Farm, Lincolnville, 763-4088.
Volunteers Needed for Board of Directors Sexual Assault Response Services of Southern Maine are seeking volunteer members for its Board of Directors. You will play an active role in ensuring that SARSSM provides a proactive and reactive response to sexual violence in York and Cumberland counties. Contact Scott or Lynn at 800-313-9900.
The Cumberland County Extension Association is looking for a few good people to serve on the Executive Committee. The committee provides educational programs for the public areas of 4-H and Youth Development, Agriculture and Horticulture, Natural Resources, Forestry, Small Woodlot Development, Family Living, Food Safety and Nutrition, and Small Business. The Committee meets on the third Wednesday evening every month except holidays, 7-9pm. 780-4205 or 1-800-287-1471.
Wells National Estuarine Research Reserve is currently looking for volunteers to help with the Southern Maine Beach Profile Monitoring Project to collect a vast amount of data throughout the region. 646-1555 x113.

Indie Eye!

For Independent Recording Artists

by David Phillips

We can break the independent music release process down into four basic phases: 1)Project Planning and Management, 2)Recording and Mastering, 3)Package Design and Mass Production and 4)Distribution and Promotion. In each column we will try to talk a little about each phase so that any artist can get some helpful tips regardless of which phase a current project may be at.

PROJECT PLANNING/MANAGEMENT

Before beginning an album project, artists ought to be aware of the fundamental recording industry "food-chain." It is a simple circle of sorts, starting and ending with an audience. Fans, become Artists, that are represented by Managers, that get artists signed by Record Labels, who mass-produce and promote the music to Radio Stations and Press (Magazines, Newspapers and Web Sites) as they convince Distributors to distribute the release to Retail Outlets while Booking Agents schedule live shows in front of Fans. A successful release is the result of teamwork and it is important for artists to understand each team member's part. Future columns will explain these roles. Independent artists pretty much follow the same steps as major artists except that the team is usually smaller with members often playing more than one role.

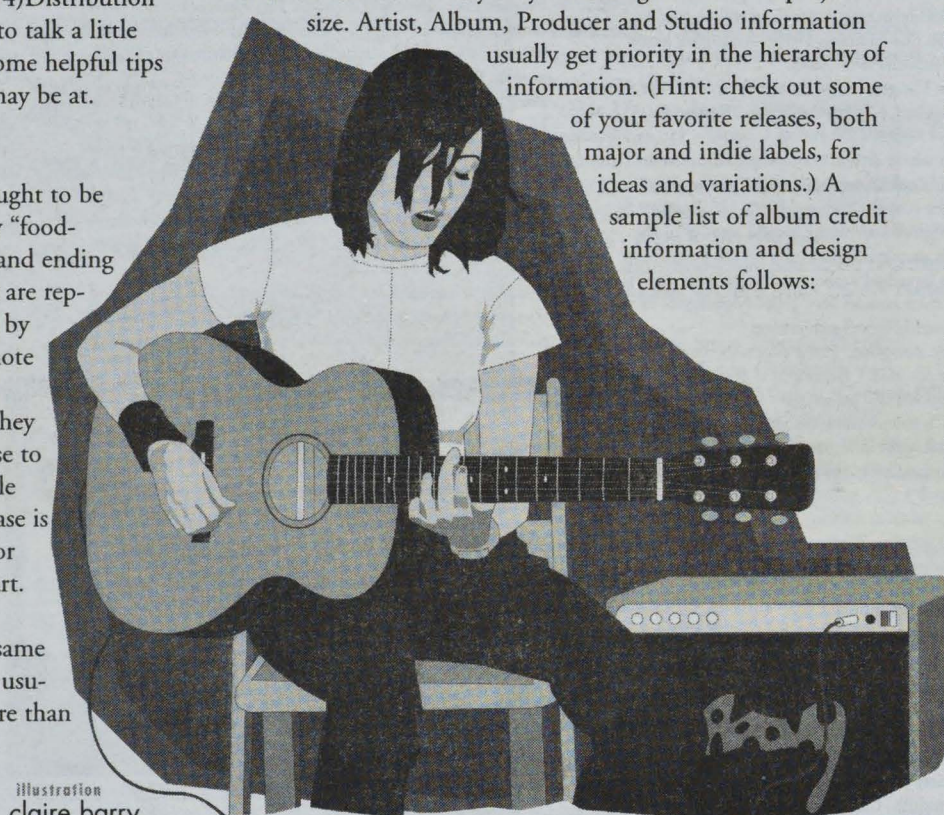


Illustration
claire barry

RECORDING AND MASTERING

Your mother was right—rehearse, rehearse, and rehearse some more! Studio time can add up real quick and preparation will definitely save you money while yielding better results. Unless improvisation is your gig, every player should know exactly what they're going to be playing every moment of every song. The best players will also be conscious of what others are doing in a particular part of a song. Players that stay focused produce better quality recordings in less time. It's easy for phrases to clash if arrangements aren't planned in advance. "Assigning" solo times for players will help song parts complement each other. Of course there are exceptions to every rule and bands that "gel" may get away with varying degrees of improvisation. What, you're not on the phone already and scheduling a rehearsal?!

PACKAGE DESIGN AND MASS PRODUCTION

While in the studio recording, someone from the band, or a manager, should keep logs of the process for the design phase. Your album credits may vary according to taste and project size. Artist, Album, Producer and Studio information usually get priority in the hierarchy of information. (Hint: check out some of your favorite releases, both major and indie labels, for ideas and variations.) A sample list of album credit information and design elements follows:

Artist Name - Album Title - Producer - Executive Producer - Recording Engineer(s) - Recording Studio(s) - Mixing Engineer(s) - Mixing Studio(s) - Mastering Engineer(s) - Mastering Studio(s) - Art Director - Photographer - Design and Layout Artist(s) - Artist Management - Artist's Legal Representation - Songwriter(s) - Song Publisher(s) - Copyright Information - Performing Rights Affiliation(s) - Song Lyrics - Players/Musicians - Artist Web Site Address - Record Company Logo - Record Company Name, Address, and Web Site Address - Product Bar Code - Disclaimer (All rights reserved...) - Artist "Thank You's" (Thanks to...)

DISTRIBUTION AND PROMOTION

Know your audience! Audience demographics are important for proper distribution and promotion. Do your fans buy discs in "brick and mortar" stores? Do they buy discs online? Do they download music files online? Are your fans young or old, or both? Are they trendy or conservative? If you know the answers to these types of questions you'll get the most from your distribution and promotion time and money spent! Mailing lists are a great way for your fans to learn about you and for you to learn about them! Next time we'll discuss mailing lists in greater detail (both email and regular mail.)

That's all for now - until next time, rehearse, rehearse, rehearse ...

NEW INDEPENDENT RELEASES

Each issue we will announce current local independent music releases. If you would like your new Music or Music Video release listed here, please email dave@fiveamasks.com and include the following information:

- 1- Artist Name
- 2- Artist Town or City and State
- 3- Album Name
- 4- Format (CD, DVD, VHS, Cassette, etc.)
- 5- Scheduled Release Date

New releases will be listed once, as close to the release date as possible. Sorry, no reviews here. This area is only to inform readers about new music titles being released.

PRO GUITARIST SEEKS OTHERS for part-time jam band. Classic rock, blues, R&B, whatever. Looking for fun and gigs. Skilled with good equipment. Ready to play. Bangor, Ellsworth area. fsm46@aol.com (12/03 - 2x)

VOCALIST LOOKING TO START R&B BAND in the Hallowell Augusta area. I have a flair for 70's pop, 60's jazz pop, mowtown and funk. I am 42 years old and have great stage presence. I have some connections that would get us in the door. Looking for people who really enjoy this style music. call: mandy @ 623-2016 or email: hallowellblue@yahoo.com (01/04 - 2x)

MUSICIANS WANTED

BAND FORMING Electric bass seeks musicians to start full time unique and versatile cover band for money first and fun second. Career minded only. Rehearse in Kittery, ME Tom Martin 603-978-2178 www.electribass.net (12/03 - 2x)

BLUEGRASS GUITARIST WANTED. Portland-based group includes banjo, bass, mandolin and guitar. Seeking flat-out solid rhythm guitar, prefer some leads and vocals. Also looking for fiddle player or dobro player. Mostly traditional bluegrass (Flatt & Scruggs, Monroe) with the occasional newgrass (Fleck, etc.) Please call 761-2920. (12/03 - 2x)

CELLIST who would like to perform the music of Harry Chapin. Call for details. (207) 773-2135. (12/03 - 2x)

COMPOSER/MULTI-INSTRUMENTALIST AND LYRICIST/SINGER SEEK OTHER ECLECTICALLY MINDED MUSICIANS to round out original "global rock fusion" project. We are Vocalist/Lyricist and Composer/Guitarist (doubles on bass, keys, drums etc) seeking Bass, Drums, Percussion, Horns, Keys, Strings, more Guitars whatever. Are you a pigeon? Get in a hole and stay there... Do you have more varied influences than the average garden variety genre victim? Awesome! Play more than one thing? Way cool. Contact James at 780-2112 or audio.logic@att.net (12/03 - 2x)

PRO BASS w/STRONG VOCALS available. Experienced in all styles. Most recent band- The Ridge Riders. call Jim-207-838-3064 (01/04 - 2x)

DRUMMERS WANTED Tinpanic is a one year old steel band which practices weekly at the Great Falls School in Auburn, Maine. The band consists of eight steel drum players and a drummer. None had steel drum experience before the band was formed a year ago. Some, but not all had some prior music training. The band is taught by an experienced musician who arranges most of its music. We have performed in public several times. No one threw fruit. Tinpanic seeks one or two new members interested in learning and playing with us. Contact Jan Marston: jdmars@aol.com; 207-784-1445. (01/04 - 2x)

GUITAR PLAYER FOR METAL STYLE BAND. Band has CD and gig connections. Influences range from Sabbath to Metallica, from Godsmack to Disturbed. 657-3075 (12/03 - 2x)

KEYBOARDS AND VIOLIN WANTED by The Ninth Ring. We are a new Goth/Celtic/Metal band comprised of four experienced musicians with a debut cd and rehearsal space in Westbrook. We seek a fifth member to add to the dynamics and generally be the icing on the cake. Audio clips are available at www.ninthringmusic.com. Future plans include writing, recording and gigging. Other instruments (ie. violin, cello, flute, etc) also considered. If interested, please call Rowan: 207-856-9992. (01/04 - 2x)

SINGER WANTED Tahiti, an innovative 3 piece band, seeks motivated individual to sing original songs. Must be willing to create and share musical ideas with the band, travel, and pay rent for a practice spot which we already have. Tahiti meshes many different styles such as rock/funk/jazz and anything that sounds good. To hear the music please contact: tahitimusic@hotmail.com or call Jon at (207) 232-7061. (11/03 - 2x)

TUBA AND EUPHONIUM ADVANCED PLAYERS wanted for professional Tuba-Euphonium ensemble/quarter paid performances in greater Portland. Call Elliott at 797-3661. (12/03 - 2x)

Good news

Youth Don't Want Adults to Provide Them Alcohol

by Beth McCallum

You may have noticed them when you have entered stores in Portland ... tiny, blaze orange, badge shaped stickers on multi-packs of beer and other alcohol products and identical posters on cooler doors and at registers. If you look closely, you may notice the message it says: Providing alcohol to minors is ILLEGAL. This signage is part of a public health campaign known as Project Sticker Shock, and it has taken Portland by storm.

Project Sticker Shock, a statewide project of the Maine Office of Substance Abuse and implemented locally by CMCA (Communities Mobilizing for Change on Alcohol), is designed to reach adults who might purchase alcohol legally and provide it to minors. Stickers warning of the penalties for furnishing alcohol to minors are placed on all multi-packs of beer and other alcohol products that appeal to underage drinkers. The impact of the stickers is increased by media coverage of the campaign and by signs displayed in participating stores. The project helps raise public awareness about underage drinking and strengthens the partnership between youth, parents, retailers, law enforcement, and community members.

In Portland, over 80 percent of the alcohol retailers in the city participated in the campaign, which began November 17 and ended December 31. Youth groups from TREK (Tobacco Resistance Education for Kids, an initiative of Healthy Portland), Youth Build, and People's Regional Opportunity Program's Youth Resiliency Project have gone to some of the local stores to sticker the alcohol products. These young adults, ages 11-18 want to send a clear message to adults that they don't want their parents or other adults providing alcohol to them or their peers.

As most of us are aware, there is a lot of pressure on young

adults who don't drink, and who may have friends of legal drinking age with whom they socialize. Statistics show that nearly one-third of high school students report it is "very easy" to obtain alcohol, easier than obtaining cigarettes and other tobacco products. Also, 77 percent of all 12th graders in the Portland Public Schools have consumed alcohol at least once in their life. A Bureau of Liquor Enforcement compliance check in Spring 2003 found that over 50 percent of Portland's retailers sold alcohol to underage buyers without asking for identification.

From these statistics, we know that we must not only work



Kids from Tobacco Resistance Education for Kids, which is an initiative of Healthy Portland took part in the Project Sticker Shock.

PHOTOS GUINEVERE TWITCHELL

to limit sale of alcohol to people under the legal drinking age, but access as well. To do this, we must communicate a clear message to the community that underage drinking is inappropriate and unacceptable, thereby influencing them from providing alcohol to minors, even though they may be friends or family. Simply, it is just not worth it. It's ILLEGAL.

Parents and other adults, as well as youth groups or individuals are encouraged to get involved with Project Sticker Shock or CMCA efforts to reduce youth access to alcohol. Please contact Bethany McCallum by phone (207) 622-7566 x254 or by email at cmca@mcd.org for more information.



Education

Student Sustainable Energy Conference

by Logan Perkins

Democracy education, community organizing, fending off the impending ecological crisis: my passions are wide and varied, and the biggest struggle I find is how to make time for all of them. My work at the Chewonki Foundation, creating The Student Sustainable Energy Conference, allows me to address all of these issues.

Most high school students don't realize they have power. Many of them, however, are aware of the growing problems facing the world, and care very deeply about the future they are inheriting. They envision a more beautiful world than the grim picture of melting ice caps; dying maple trees and global warming precipitated by our fossil fuel addicted culture.

They are learning that they can make a significant impact on their own future, and the future of the planet. They have chosen to become active in bringing about this more beautiful world, and I am doing my best to empower them through this project.

Since October, I have been traveling to various high schools in Maine to meet with interested groups of students. Together, we are rediscovering the power of youth. Students in schools have the opportunity to persuade their districts to use biodiesel (a renewable liquid fuel) in their school buses; to set up demonstrations of solar panels on their school roofs; to organize community Earth Day celebrations and much more. When students demonstrate focused collective effort, the potential for change is vast.

I visit their classrooms with a scant ten years more experience, and learn from them as much as they learn from me.



Conference at the Chewonki Foundation this spring.

The conference will provide a day for these visionary students to get together, share their ideas, network, and learn from each other. Some groups will present the projects and work they have done all year. Others will come to get inspired by learning what is possible. There will be workshops, displays, and solar powered music. Students will engage with a variety of organizers, educators, policy makers, and business owners from their communities, as well as local college students working on these issues at their schools. The conference will be a celebration of student efforts to move toward sustainable energy use, and a chance to empower these leaders of the future with confidence, experience, skills and support from their communities.

Logan Perkins is an environmental educator at The Chewonki Foundation in Wiscasset Maine.

Details about the Conference

Friday, April 30, 2004
The Chewonki Foundation, Wiscasset, Maine
For directions, go to www.chewonki.org

To learn more or to get involved, as a student, teacher, parent, college student, community member, please contact Logan Perkins at logan@planet-save.com, or at the Chewonki Foundation, 485 Chewonki Neck Rd. Wiscasset, ME 04578. 207 882-7323 ex. 58.

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MUSICIANS AVAILABLE

BASS PLAYER WITH VOCAL ABILITY seeks working weekend band. Call (207)233-0502 (01/04 - 2x)

DRUMMER & BASSIST LOOKING TO FORM OR JOIN BAND. Into anything from Maiden & Priest to Slayer & Hardcore. Have place to jam in Sanford. Must have equipment and transportation. Call 490-0244 (11/03 - 2x)

DRUMMER AVAILABLE to join or form original pop rock band with experienced musicians. Influences: Beatles, REM, Elvis Costello, Pines, Kinks. Call Bruce 207-871-1811 (11/03 - 2x)

DRUMMER w/ NATIONAL ROAD, RECORDING, AND TV EXPERIENCE SEEKS WORKING SITUATIONS. Nationally endorsed professional. Have great groove and chops, extremely versatile. XOTTA equipment, pro attitude. Recent gigs of note include opening for many of country's biggest stars (Willie Nelson, Brad Paisley, Charlie Daniels, Keith Urban...) and playing the Nashville scene (Grand Ole Opry, Wild Horse Saloon, syndicated TV special.) Call Jeff at (207)749-6530 or go to www.jeffjicklen.com (11/03 - 2x)

ELECTRIC BASS Freelance available for recording and performing. Open to most styles. Strong ears and groove. Tom

Martin www.electribass.net 603-978-2178 (12/03 - 2x)

EXPERIENCED DRUMMER, mid 40's back from a years gig in Colorado. Available full time. Into R&B, R&B, Blues, classic etc. No baggage, great attitude. Looking for mature band/musicians who enjoy their craft and gigging. I'm living in the general Portland area. Call Duke at 207-934-8615 Ext. 128 (11/03 - 2x)

KEYBOARDIST looking for busy southern Maine band. Blues/rock preferred but all styles considered. Call Jay at 967-9995 or email jay101@gw.net (12/03 - 2x)

LEAD GUITAR NEEDS OCCASIONAL GIGS with working band for sessions, clubs etc. Lotsa pro gear: crow's feet, pesty-white, loud, hyper; 2 ears. Rock, R&B, classics. 207-625-7143 (11/03 - 2x)

PRO BASS LOOKING FOR WORK. Stage and studio experience. Great gear and transportation. All styles. Fill-ins, last minute calls welcomed; don't cancel that gig without calling me. Call 286-1223 or email angelos@expressamerica.net (11/03 - 2x)

"I'm still an atheist, thank God." -Luis Bunuel

uffa! Restaurant

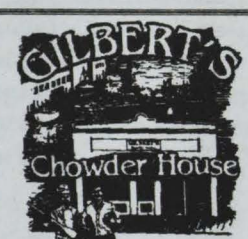
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WOODY'S BAR & GRILL 43 Middle St., Portland, 253-5251. www.woodysburgers.com.
THE BREAKAWAY 32 India St., Portland, ME. 541-4804.
PUNKY'S 425 Forest Avenue, Portland, ME. 774-2091.

Asian/Chinese

ORIENTAL TABLE 106 Exchange St. (top of the Old Port) Portland. 775-3388, Fax: 772-3388.
WOK INN 1209 Forest Ave, Portland. 797-9052 or 797-9053.

Barbeque

BEALE STREET BARBEQUE & GRILL 90 Waterman Drive, South Portland. 767-0130.

Café

FRIENDSHIP CAFE 703 Congress St, Portland. 871-5005.
THE WINE BAR & RESTAURANT 38 Wharf St, Portland. 772-6976.

Delicatessen

FULL BELLY DELI Pine Tree Shopping Center. 772-1227.

Eclectic

100 CONGRESS 775-7772.
THE ALEHOUSE 30 Market St, Portland's Old Port. 253-5100.
AURORA PROVISIONS West End at 64 Pine St. 871-9060.
BIBO'S MADD APPLE CAFE 23 Forest Ave.
CLAYTON'S GOURMET MARKET, CAFE & BAKERY 189 Main St, downtown Yarmouth 846-1117.
DAVID'S CREATIVE CUISINE Monument Square. 773-4340.
GRAVITY 486 Congress Street, Portland.
GREAT LOST BEAR 540 Forest Ave, Portland. 772-0300.
MAINE BEER & BEVERAGE 79 Commercial St., Portland. 828-BEER.
PAT'S GROCERIA CAFE 484 Stevens Ave, Portland. 874-0706.
PEPPERCLUB 78 Middle St, Portland. 772-0531.
SILLY'S 40 Washington Avenue, Portland. 772-0360.

Pizza

PORTLAND HOUSE OF PIZZA 1359 Washington Ave, Portland. 797-9030. www.portlandpizza.com.

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BENKAY 2 India St, Portland (India at Commercial). 773-5555.
OISHII JAPANESE FOODS Portland Public Market. 25 Preble St, Portland. 228-2050.
NARA SUSHI NEW 50 Maine Mall Road, South Portland. 772-0006 or Fax 772-4440.

Mexican

AMIGOS 9 Dana St., Portland. 772-0772.
GRANNY'S BURRITOS 420 Fore St., Portland. 761-0751.

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Vegetarian

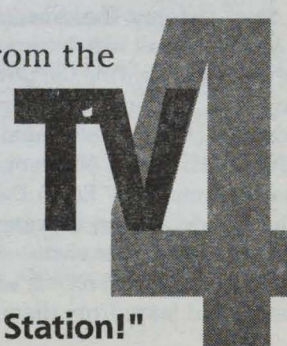
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\$6.99 each

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Italian Chicken: Chicken cutlet strips, imported provolone, romaine lettuce, tomatoes and vinaigrette dressing

Italian Sausage: sauteed peppers and onions, imported provolone and spicy mustard.

Italian Roast Beef: roast beef, imported provolone, sauteed onions and peppers with vinegar

Italian Meat Lovers: prosciutto, genoa salami, capicola, pepperoni, tomato and onion with vinaigrette dressing

Gourmet Veggie: sundried tomato pesto, romaine lettuce, tomatoes, onions, roasted red peppers, imported provolone and vinaigrette dressing

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December

5 Friday 7:05pm Hartford
6 Saturday 7:05pm Springfield
19 Friday 7:05pm Springfield
20 Saturday 7:05pm Providence
27 Saturday 7:05pm Providence
28 Sunday 4:05pm Albany
31 Wednesday 5:05pm Worcester

January

3 Saturday 7:05pm Hershey
9 Friday 7:05pm Manchester
10 Saturday 7:05pm Wilkes-Barre/Scranton
16 Friday 7:05pm Manchester
18 Sunday 4:05pm Providence
23 Friday 7:05pm Hartford
24 Saturday 7:05pm Lowell
30 Friday 7:05pm Lowell
31 Saturday 7:05pm Bridgeport

Tickets are \$19, \$16 & \$11. Child and senior tickets are \$9. Groups of 15 or more can save \$2 to \$4 per ticket depending on group size.

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Ticketmaster: (207) 775-3331
Or order on-line: www.ticketmaster.com •
Group tickets: (207) 828-4665



For more information on Pirates' Season, Flex and Group Tickets, call the Pirates at (207) 828-4665

MacBerserker's Scurilous Computing

Happy New Year!

by Marc L. Rubinstein

As I write this it's January 6, 2004 and I've just attended Macworld's Keynote Address. Some expectations have been put on hold, some are now reality and some are still to be fulfilled.

Final Cut Pro Express was updated to version 2.0. It now utilizes the Final Cut Pro 4.0 technology, has five tracks of digital video and effects and such are all REAL TIME. It is fast and nice, in Panther on a G5 it is magnificent.

Microsoft Office 2004 was announced with some new Mac-only features, but we'll save that till later. Microsoft announced a Technology Guarantee which allows you to buy MS Office for OS X and have it be upgradeable for free to Office For Mac 2004 when it arrives.

The XServe is now a G5 and comes in three versions, a single and a dual processor 2 GHz Server and a workstation dual processor version. Each can handle up to 8 GB of ECC DDR 400 memory and 750 GB of storage and are due in February.

hours.

But wait, there's more.

Now there is a fifth part to the iLife suite: Garage Band, and this one I find oh so exciting.

Garage Band can mix up to 64 tracks, live or pre-recorded, allows use of 1000 pre-recorded sound loops (from FCP's Soundtrack application) to create your own music from royalty-free clips, allows use of 50 built-in instruments with a MIDI or USB keyboard, live playing and recording of a guitar hooked up to it with sounds from 10 different vintage amplifiers, and includes 200 audio effects that can be used with any part. There's already an expansion pack for Garage Band called Jam Pack costing \$99 and adds 100 more instruments and 2000 more loops. Apple's also made available a USB 49 key keyboard if you don't already have a MIDI keyboard or hookup.

Finally, iPod news. The \$299 10 GB iPod has been updated to a 15 GB and an iPod mini FlashCard-based unit the size of a business card and only .5 inches thick will be available in February. It will have 2000 MB



XRAID has been updated to provide up to 3.5 TB of online storage, utilizing SFP connectivity (2 GB Fiber) and has been certified to be workable with not only Mac OS X but also with Windows 2003 Server, 2000 Server, Red Hat Linux and Yellow Dog Linux.

The iLife suite, now termed "Office for the rest of your life" has been updated throughout. iTunes gained two classical labels, which bring 12,000 albums and about 500,000 new classical tracks to the iTunes Music Store, which also now has Billboard's top 100 charts from 1942-2003.

iPhoto 3 can now handle up to 25,000 photos, utilizes time based organization and Smart Albums, fast preview controls, a rating system, enhanced slide show features, enables Rendezvous-based photo sharing, and incorporates on the fly rating, rotating and deleting during previewing the slide show. It's awesome and fast.

iMovie 4 now allows trimming clips right in the timeline, incorporates alignment grids in video and audio, has enhanced transitions and titling, iSight importations, and allows live scrubbing using the Option key.

iDVD now has 20 new themes, enhanced menus and slide shows, a navigation map, archiving, and a professional quality encoding codec expanding the old 60 minute maximum (or 90 if you knew the trick) to two

worth of memory capable of handling about 1000 songs for \$249 for 16x the storage of its nearest competitor, the Rio, (\$199) which maxes out at 256 MB, for about 120 songs or less. Besides, instead of the clunky one button interface of the Rio, the mini uses exactly the same iPod interface as its larger siblings.

Sweet.
Till next time.



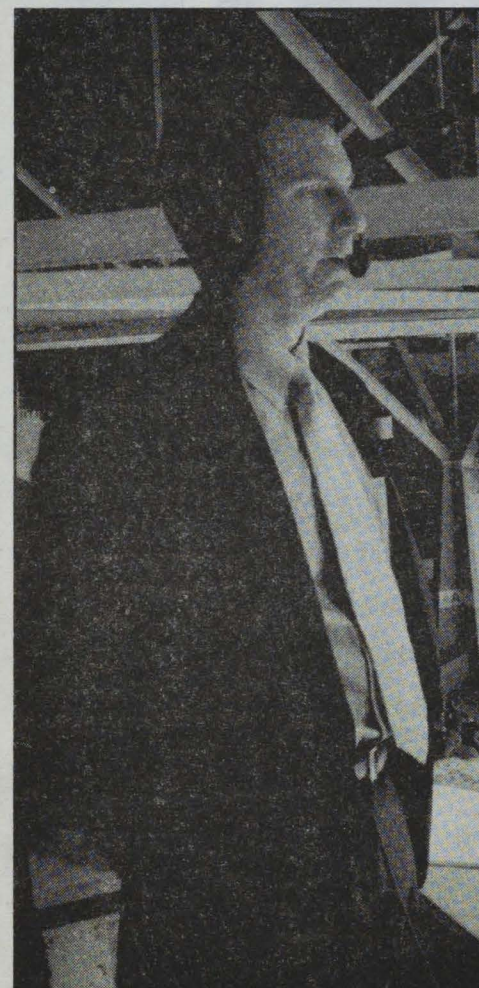
ILLUSTRATIONS MAC.COM

Marc L. Rubinstein, as president of Maine-Mac in Gray, helps thousands enjoy their Macs and take pride in doing so. Andy Gore, an ex-student, old friend and one-time Editor-In-Chief of Macworld for five years, called him in print while still editor of MacUser, "a frothing-at-the-mouth, speaking-in-tongues evangelist for the Macintosh platform." Although frothing less and using only one tongue nowadays, he still advocates for the Mac and loves doing so.

press box

Describing The World's Fastest Game Is Dave Ahlers' Job and His Passion

by Tom Keene



Dave Ahlers stands in the broadcast booth as he describes the action on the ice during a recent Portland Pirates game.

Standing high above the rink, just off center ice, Dave Ahlers, the radio voice of the Portland Pirates, is in a position to see everything that happens during a hockey game. What sets him apart is the fact that he is able to describe what he sees so accurately for Pirates fans listening on the radio—and to a hockey novice trying to understand the game.

They may be at home, on the road, or sitting in the Civic Center watching the game; wherever they are, the game comes alive through the live broadcast of Dave Ahlers.

Broadcasting hockey is a far different task than describing the slower-paced game of baseball or even the speedy game of football; even though football is fast, there are places to relax and take a deep breath. Not so in hockey, where the action is nearly non-stop and doesn't seem to be following any set pattern, at least to the untrained eye.

"I try to follow the rhythm of the game," says Ahlers. "I keep my eye on the puck and describe the ebb and flow of the game."

It's this careful watching of the game, coupled with his short, precise description of what's going on, that makes the sometimes confusing, always eye-bur-

ring action on the ice interesting and understandable.

Standing in the radio booth with Ahlers during a recent game, I watched this sharply dressed man fold his arms in front of him and launch into a running commentary of the game. In front of him were the rosters of both teams, a scorebook, several sheets of statistics, and a bottle of water.

Ahlers was wearing a dark blue suit, a light blue shirt and a yellow tie, and had I met him on the street, I would have taken him for an executive, an attorney, maybe a public official. Even in the broadcast booth, in the middle of the game, he displayed the unflappable demeanor of a rising young professional—not the broadcaster of the fast, sometimes violent game of ice hockey.

Watching his eyes was a revelation, for while he obviously was following the puck, Ahlers' eyes flitted back and forth across the rink, up to the scoreboard and down to the stats on the table before him.

Listen for a moment to the almost-poetic words of Dave Ahlers as he calls a game: "Stana got a piece of the puck and turned it wide ... Mehott sends a backhand through the crease and wide ... the shot turned aside as the Pirates change on the fly."

His voice rises as he describes a scor-

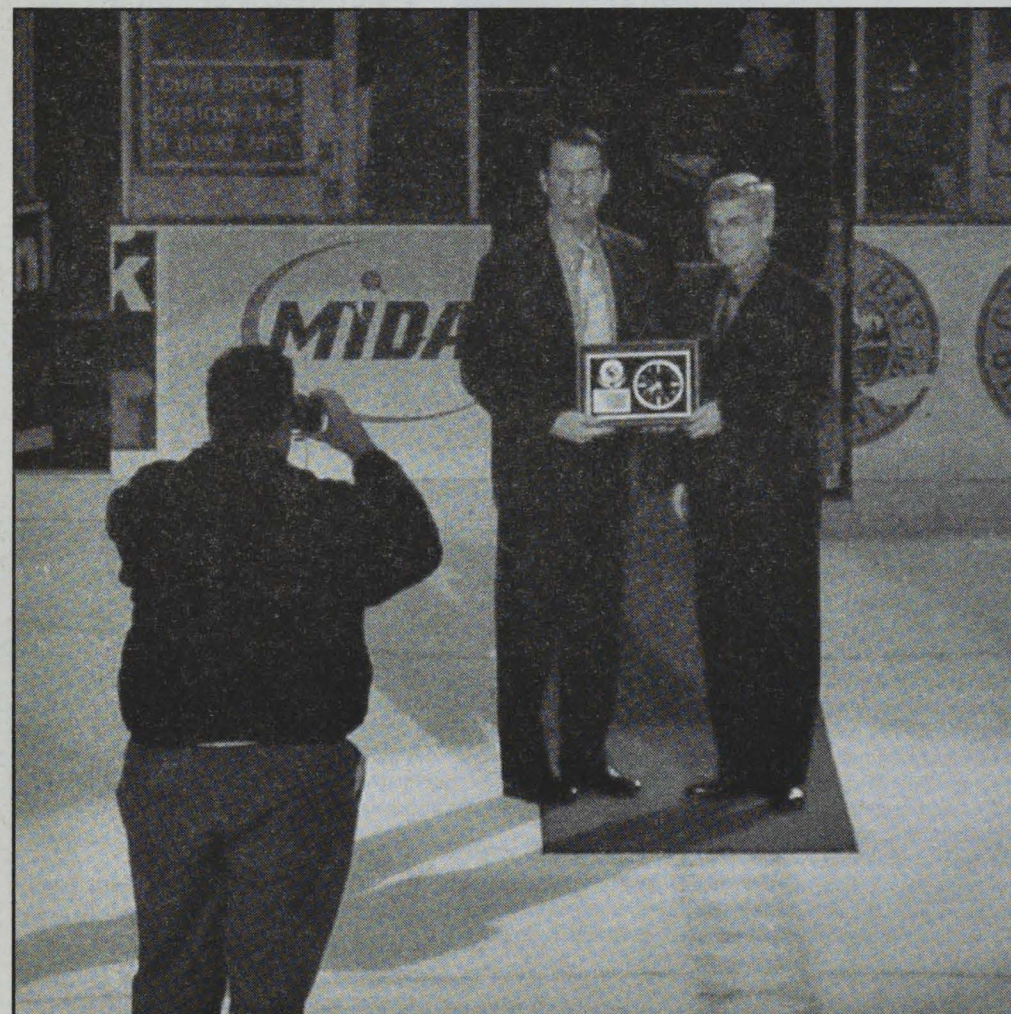
ing rush but his arms remain folded: "Pudlick steals the puck. He shoots ... blocked ... and the puck is gathered in by Morrisonn."

When the Pirates have failed to score during a power play, Ahlers tells his audience, "...power play time is winking away for the Pirates ... hard block ... Mink shrugs through the check ..."

So it goes all evening as Dave Ahlers uses precise and descriptive language, delivered at a quick pace in a even voice, to explain to an audience in the arena listening on radio headphones as well as countless more fans at home and in their cars how this hockey game is unfolding.

Dave Ahlers played hockey through high school but confesses that he didn't have the tools to turn pro—at least not on the ice. But he is near the top of his profession in the broadcast booth, a place he attributes to a lifelong love of the game and the tutelage of Mike Emerick, the former voice of the Maine Mariners.

In addition to his broadcasting duties, Ahlers serves as the director of communications and team services for the Pirates. He was recently awarded the James H. Ellery Award by the American Hockey League, given annually in recognition of outstanding contributions to the progress of the AHL; Ahlers won in the radio category.

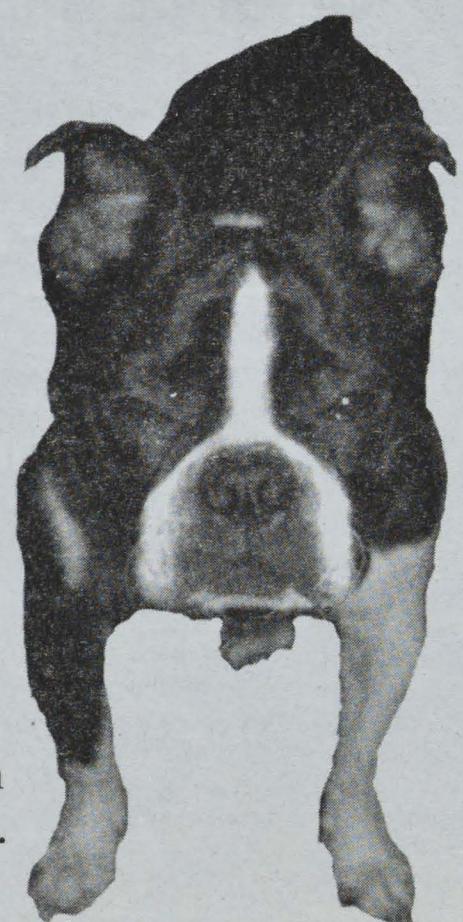


Pirates Radio Voice Dave Ahlers receives the James Ellery Award from AHL President David Andrews.



Graham Mink is pursued by a trio of River Rats as he tries to recover the puck. PHOTOS: TOM KEENE

Sabi Says..... Get Out More!



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free will astrology

Week of January 15 • ©2004 Rob Brezsky

ARIES (March 21-April 19): Aries actress Sarah Jessica Parker announced recently that she washes her hair with Mane 'N' Tail shampoo, a product made for horses. I recommend that you consider switching to it, too. It's time to please your inner thoroughbred, whose animal intelligence and wild vitality will be essential to you in the coming weeks. You're finally ready to activate higher levels of ambition; to enter a bigger race for a better prize.

TAURUS (April 20-May 20): "Lord of the Rings: The Return of the King" is one of the most popular and critically acclaimed movies released in 2003. Yet some of its fervent fans have come forward to identify its many problems with continuity. Did you notice that Frodo's scar migrates from his right cheek in one scene to his left cheek in a later scene? That's just one of over 30 flaws registered by readers of the moviemistakes.com website. I applaud this effort. I've always believed that the most useful critiques often come from people who deeply appreciate the subject they're critiquing. This so happens to be your mandate in the coming week, Taurus: Compassionately assess what needs improvement about everything you love.

GEMINI (May 21-June 20): My survey of New Year's resolutions by Gemini reveals some surprising trends. Twenty-one percent of you have vowed to lose weight in 2004, but 26 percent of you hope to gain weight. Thirty-six percent of you plan to launch a new hobby, whereas 58 percent want to get rid of one of your hobbies so as to have more time for the others. While 31 percent of you are plotting to supercharge your ambitions or career, 42 percent of you are quite sure you want to work less and cultivate more leisure and luxury. Finally, 16 percent of you want more "espresso sex"—quickness with casual acquaintances—while 69 percent have your hearts set on deep, slow, cozy love-making with emotionally intelligent partners who crave cuddling.

CANCER (June 21-July 22): The "Weekly World News" reports that U.S. President George W. Bush, the world's most famous Cancer, plans to invade the moon and declare it the 51st state. To fill the office of the moon's live-in governor, Bush intends to appoint his former foe Al Gore, who garnered 540,520 more votes than the President in the election of 2000. In the weeks ahead, I urge you Crabs to come up with an equally nutty and brilliant strategy as you expand your empire to exotic new locales and shake off old adversaries.

LEO (July 23-Aug. 22): "Dear Doctor Rob: I'm battling mixed emotions. On the one hand, I have frequent surges of intense compassion that make me want to build houses for poor folks. On the other hand, I'm beset by flashes of vanity that make me want to spend my money on Prada shoes and expensive jewelry rather than on trips to Third World countries to help Habitat for Humanity. Is it crazy and self-defeating to want both things?" Guilty Leo: Dear Guilty Leo: You've summed up a dilemma that many Leos are wrestling with. My advice? Honor both your urge to express beauty and your desire to aid your fellow humans. I have a vision of you wearing a gold tiara and Prada's Sculpted d'Orsay pumps as you frame a wall for a new house in Haiti.

VIRGO (Aug. 23-Sept. 22): I predict that 2004's mysterious gifts will free you from your old self. At least one of your inhibitions will disappear. Attacks of self-consciousness will diminish in frequency and intensity. You'll realize how fun it is to rebel against your antiquated image. The only new taboo you might take on is a taboo against imitating the overused shticks that have worked for you in the past. Because of these explosive improvements in your relationship with brash spontaneity, you may be ready to acquire your *porn name*. Here are two suggestions about how to generate the new moniker. 1. Combine the name of your first pet with the name of the street where you lost your virginity. 2. Go to www.pornname.com and follow the directions.

LIBRA (Sept. 23-Oct. 22): To frame your assignment this week, I'm plundering an old horoscope from "The Onion" (www.theonion.com), America's finest source of news and entertainment. "Even the mighty Ozyman-

dias, king of kings, was brought low by time," the 'scope read. "If possible, live your life without this mysterious phenomenon." To help you carry out this difficult but rewarding task, Libra, here are a few tips: 1. In your initial attempt, don't overdo it. Spend no more than three days slugging the oppressive grip of time. 2. Hide all clocks and watches. 3. Read historical novels and watch movies set in other eras. 4. Fantasize about what you were in your previous incarnations and what you'll be in your future lives. 5. Meditate on Plato's idea that "Time is a moving image of eternity."

SCORPIO (Oct. 23-Nov. 21): "When in a doughnut-eating competition," writes Esquire's Cal Fussman, "press down hard on each one before biting into it. If you don't, the air inside will blow your belly and you'll get blown out after six." I suggest you regard this as your metaphor to live by in the coming week, Scorpio. Squeeze out all the filler that might dilute your enjoyment of the really killer stuff. Don't get bogged down in empty symbolism and vacant fantasies that wear down your competitive edge.

SAGITTARIUS (Nov. 22-Dec. 21): In Greek myth, Psyche was a pure-hearted young woman whose misadventures with love got her into trouble. One day she found herself at the mercy of the goddess Aphrodite, who commanded her to sort a big heap of mixed millet, wheat, and poppy seeds into separate piles. You're now in a situation that reminds me of Psyche's predicament, Sagittarius. Is there any hope for you to complete your own version of this seemingly impossible task? Yes, there is—especially if you garner the kind of help that Psyche did. Feeling compassion for her plight, thousands of ants swarmed to her aid, separating the seeds for her overnight. Can you call on an equivalent ally?

CAPRICORN (Dec. 22-Jan. 19): You now have the power to design and implement a fresh version of fate for yourself. This window of opportunity won't last long, though, so I suggest you act with swift decisiveness. To guide your work, I offer two observations. The first is from Alan Kay, who conceived the laptop computer: "The best way to predict the future is to invent it." The second is my paraphrase of astrologer Hadley Fitzgerald's paraphrase of Ram Dass: "On the one hand, everything is preordained. On the other hand you have complete free will. When you truly grasp that paradox, you're no longer a slave of your conditioning."

AQUARIUS (Jan. 20-Feb. 18): Aquarian singer Justin Timberlake suffered a temporary blow to his reputation last November. Speaking to ABC-TV's Diane Sawyer, his ex-lover Britney Spears implied that he is under-endowed in a part of his anatomy that most men take very seriously. It didn't take long for Timberlake's grandmother to come to his defense. "I helped raise him, and I can assure you that there's nothing wrong with him physically," 70-year-old Sadie Bomar told the press. I predict you will soon undergo a similar fall and redemption, Aquarius. Start rounding up the allies you will want to testify in your behalf.

PISCES (Feb. 19-March 20): "Thinking outside of the box presupposes you were able to think in it." This gem from automotive executive Bob Lutz sets the tone for your new plan of action, Pisces. In the coming week, you should concentrate on understanding your life's long-term trends from an inside-the-box perspective. Stick closely to what you actually know, as opposed to what you might speculate or fantasize. Confine your analysis to the data you can definitely confirm. Starting next week, it'll be time to think outside the box. Having prepared a strong foundation, you will have ensured that your imagination will provide useful visions when you finally unleash it.

Name ten items from among your personal possessions that you would put in a time capsule to be dug up by your descendants in 500 years. Tell us at www.freewillastrology.com.

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Fishy Jokes

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Why is it so easy to weigh fish?
They have their own scales.

What's the best way to catch a fish?
Have someone throw it at you.

What sea animal can be adjusted to play music?

The tune-a fish!

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THE MAGIC NUMBER TRICK What You'll Need: Calculator A Friend

1. Have your friend think of a number between 1 and 100, and to keep it a secret.

2. Now, using your calculator, take your age, multiply by 2, add 5, multiply by 50, and subtract 365.

3. Next, keep that number from the last step on the calculator, hand the calculator to your friend, and tell them to add their secret number, then add 115.

4. The first half of the resulting number is your age, and the other part of the number is your friend's secret number!

Something to Ponder...

"I find television very educating. Every time somebody turns on the set, I go into the other room and read a book."
—Groucho Marx

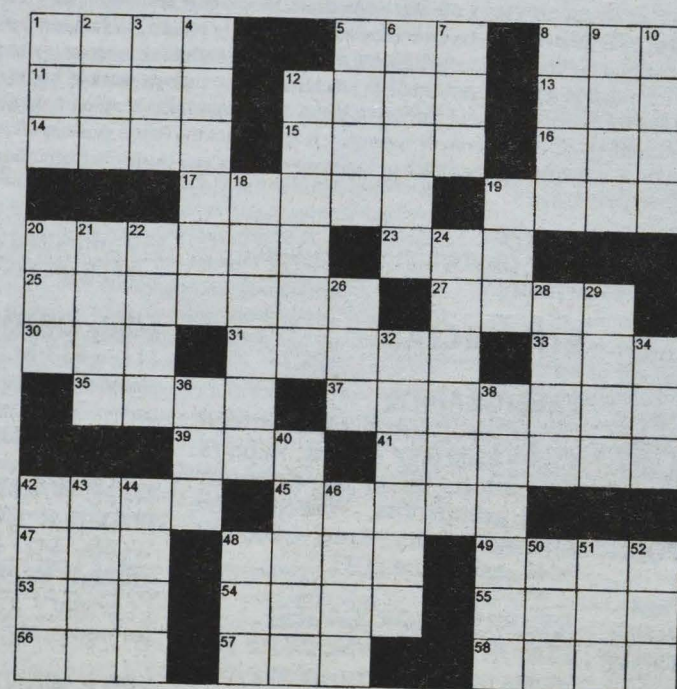
Adopt a Pet: Bill



When Bill arrived at his original shelter he had sores all over his body and he did not stand up for nearly two weeks! Now stunningly handsome, Bill is a 2-5 year old Black & Tan/Blue-tick Coonhound mix. Understandably, Bill is a bit distant, yet very loving, with new people until he realizes their motives are pure. Then Bill is cautiously optimistic that good things are coming his way. Small for his breed mix, Bill is just about ready to give his heart to someone who will make this dog's dreams of life as an indoor family companion come true. We do know that Bill is not a candidate to live with cats! His initial meeting nearly brought the house down with a baying to beat the band. Bill does not appear to be aggressive, but keenly interested in their activities; this will be too much for a cat to live with on a regular basis. Bill is not yet interested in playing, but with time, patience and a leader who is loving, fair and consistent, Bill will fare best with children old enough to understand that he needs time to settle in to life in a home, and may have some hurdles to clear as he integrates into a routine. Bill is a transfer dog. His adoption fee is \$125.00 to help defray the cost of vaccinations and transportation for the shelter of origin. Bill is available for adoption from the Animal Refuge League, 499 Stroudwater Street, Westbrook. (207) 854-9771 or www.arlgo.org.

A big part of the way life should be is sharing time with others. Kids discussing what's up at school with their parents, co-workers sharing a joke, chatting with a stranger in the checkout line—that's building community, one moment at a time. Towards that end, we devote a page every issue to humor & puzzles for all ages. We hope you'll share them with whoever's sitting across from you as you read this—whether it's your son or daughter or the guy at the bus stop.

Crossword



ACROSS

- 1 Out of danger
- 5 In music - play twice
- 8 Fabric woven from camel or goat hair
- 11 Totals
- 12 Cloak
- 13 Jurisprudence
- 14 Corporation (abbr.)
- 15 Repulsive
- 16 School group
- 17 Misuse
- 19 Pallid
- 20 False name
- 23 Compass point
- 25 Debase
- 27 Unmake
- 30 Perceive
- 31 Of hearing
- 33 membranous outgrowth on a plant or animal

DOWN

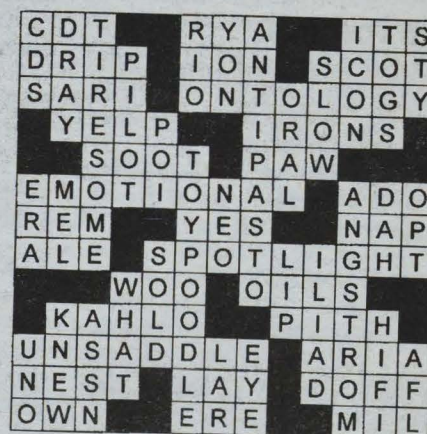
- 35 Attract
- 37 Permitted
- 39 Ship initials
- 41 Anise-flavored liqueur
- 42 Snare
- 45 Home of Great Wall
- 47 Twitching
- 48 College head
- 49 Baby's bed
- 53 Insect
- 54 Preliminary bet
- 55 Diet
- 56 Headland
- 57 "To the right!"
- 58 Soothe

5 Purses

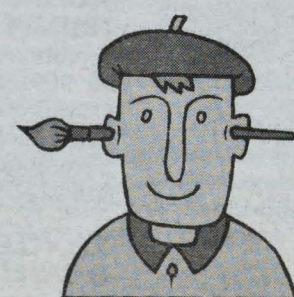
- 6 Islands
- 7 High tee shot; cloud home
- 8 Swiss mountains
- 9 Tub
- 10 Distant
- 12 Flowered dress
- 18 Rules

- 19 Beard or similar bristly growth on stalk of grain
- 20 More than one advertisement
- 21 Lack
- 22 Prefix for too much
- 24 Morose
- 26 Time period
- 28 First light
- 29 Margarine
- 32 Very high
- 34 Total
- 36 Dog day month
- 38 Seer
- 40 Set
- 42 Night sky light
- 43 One of Columbus' ships
- 44 Things done
- 46 Loathe
- 48 Dirty tatted tuft of sheep's wool
- 50 Long narrow inlet
- 51 Possessive pronoun
- 52 Honey or bumble, for example

LAST WEEK'S ANSWER >>



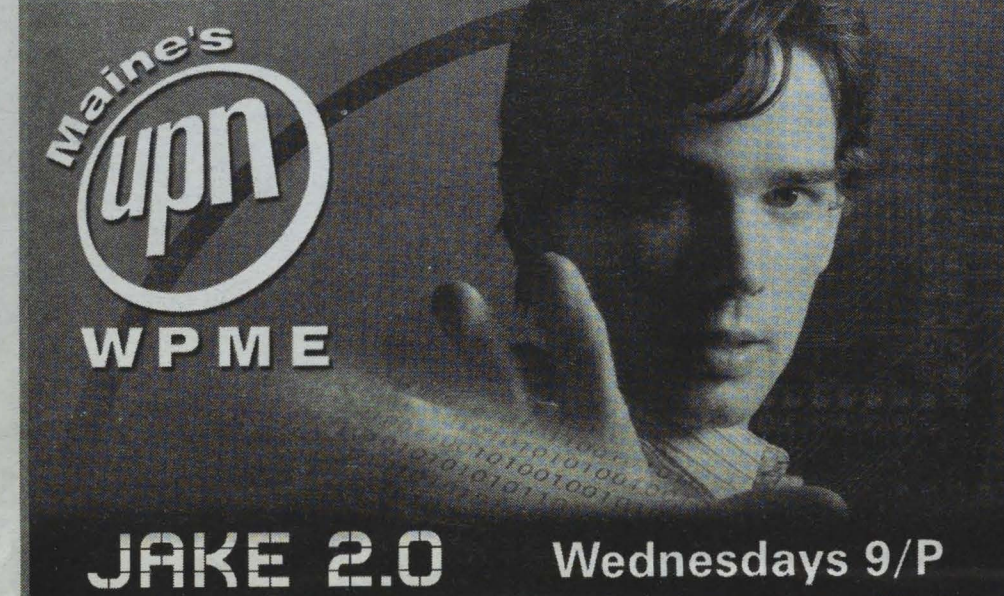
ART WANTED



Send your original photography, artwork and writings to CBW. Each week our staff will pick their favorites and publish them in our paper with your name. You'll also receive a prize for your efforts. See Contest Page For Details.



ROCK ME BABY Tuesdays 9/P



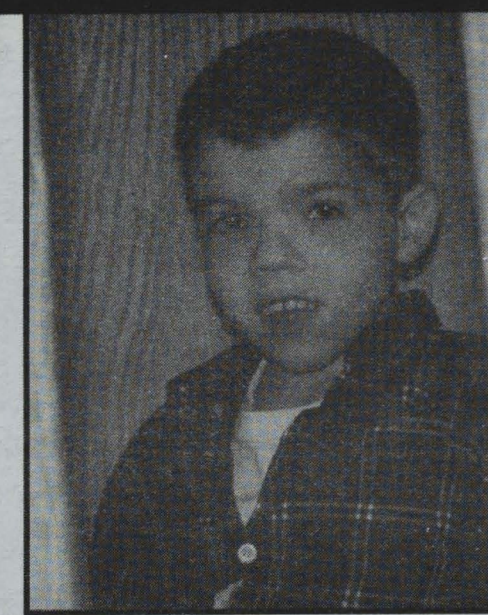
JAKE 2.0 Wednesdays 9/P

Christopher Experiences the Museum



Department of Human Services

by Tina M. Carlson



Christopher at age seven found The Children's Museum in Portland rating right up there with pizza, basketball, and arts and crafts. Christopher does not fear trying new things and it showed. Christopher gravitated to the usual favorites like the fire truck and pretend phone call to the police, but also enjoyed pulling fish up from a net on a boat. The Children's Museum is really a place for kids to discover, unwind, and learn new things, which Christopher is more than happy to do.

Christopher has cystic fibrosis and has been diagnosed with Pervasive Developmental Disorder, a form of autism, in which he does not communicate or develop like other children. I can assure you, as we all witnessed at the museum, he certainly can talk, run like so many children, interact with adults and children alike, and make your heart sing as he smiles ear to ear driving the fire truck. Christopher was filmed at The Children's Museum in November as part of Thursday's Child, which airs on WGME 13. He joins the some 211 children in Maine seeking a forever family.

A Family For ME would like your help in making sure Christopher can get adopted sooner than later. Special needs adopted children are children who are adopted at an older age, who were abused and/or neglected in their birth families and who have lived in two or more foster homes before being placed for adoption. These children's physical, mental and emotional needs are unique because their early life experiences are unique and have been traumatic. Therefore, the families who adopt them are also unique, sticking by their children and becoming advocates to say the least. If you would like more information on foster care or adoption please call A Family For ME at 1-877-505-0545. You can also visit us on the web at AFamilyForMe.org.

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